



Silver City Food Co-op

GARBANZO GAZETTE

Our monthly newsletter • November 2016

Volume 16

Co-op Hours:

Mon. - Sat.

9 am - 7 pm

Sunday

11 am - 5 pm

575•388•2343

520 N. Bullard St.

Silver City Food Co-op
Market Café

Café Hours:

Sunday

11 am - 5 pm

Mon. & Wed. - Fri.

9 am - 7 pm

Saturday

8 am - 7 pm

Closed Tuesday

575•956•6487

614 N. Bullard St.



YOU
ARE
WHAT
YOU
EAT

Co-op Volunteers

Make Cooperative Values Come Alive

By Robin Austin

For years the Silver City Food Co-op has been using volunteers to help with tasks and events that require both a little extra help and an added personal touch. The relationship is a mutually beneficial one and the roster of thirty-seven active volunteers is proof.



Sophia Brugman volunteering at the annual picnic.

Originally the program started with asking volunteers to shop and deliver groceries to members who were homebound but has expanded over the years. Volunteers are now responsible for in-store demos, watering plants and maintaining the co-op greenhouse, staffing a booth at a community festival or event, or dishing out popcorn in the store on Popcorn Fridays.

“We have a lot of annual events like our annual picnic, our general membership meeting, and outreach events such as ‘Jump into Summer’ and the ‘Red Hot Children’s Fiesta’ and those take a lot of man hours which we can’t take out of the store, so it’s another way to give back to the community with volunteers,” says Outreach Coordinator Charmaine Wait. “We have these events that we really don’t have the staffing for, so we really rely on our volunteers.”

All the co-op’s volunteers are thanked for their time by being given a 15% off voucher for a shopping day of their choice. For many volunteers the voucher is just one perk out of many.

“We give the volunteer voucher but a lot of people don’t even use them,” says Wait. “A lot of people tell us this is just a really good way for them to meet people and to give back.”

According to volunteers they are happy to help out for a number of reasons. Perhaps the most common incentive is the sense of community and the social benefits volunteering for the co-op provides.

“I have an interaction with the food co-op members,” says John Tank, a co-op volunteer of two years. “I’m not just a customer when I go in there now you know, people know me. I have more of a personal relationship with the people that work at the co-op and I also get to meet people in the community.”

“It’s a really good way for members to get involved and see what’s happening with the co-op,” says Carolyn Smith, previous outreach coordinator and now Market Café employee. “And get to know each other. It’s really good for people who are just moving to Silver City to get to know a lot of people really quickly.”

“A lot of people tell us this is a really good way for them to meet people. It’s very much a social activity for them as well,” says Wait. “And they just have fun. A lot of it is camaraderie and social interaction.”

Wait also says that volunteering also allows members to really feel that they own a stake in the co-op and can help affect its status as a community hub.

“It’s also about engaging our members. They own this place and I think the volunteering gives people a sense of ownership, it helps people feel like they’re a part of it,” says Wait.

Many volunteers also value the ability to give back to a place they see as more than a grocery store.

“It’s about giving back to the community. The co-op always greets me with love and kindness so I’m just passing it on,” says Sophia Brugman, a long-time co-op volunteer and resident of Silver City since 2000. “It’s positive feedback. It makes a friendly corner in town when I do the popcorn. I get to see my old friends or maybe new people and I feel like I get to pass it on, you know – the happiness, the joy.”



James Odin making popcorn & wearing his popcorn hat!

“I was living in the desert for five years and I told myself if I moved back to Silver I gotta at least volunteer. It’s my way of giving back,” says James “Odie” Odin.

Odin is famous at the co-op for his endless supply of jokes as he gives out popcorn on Fridays. He says the humor is

just another way of giving back.

“I love humor and I don’t think we have enough. We need more joy in this world,” says Odin.

No matter what a member’s reason may be for volunteering the co-op is immensely grateful for their time, energy and positivity. Co-op members and employees would agree that without the support of the volunteers the co-op would simply not be the same.

“We need our volunteers,” says Wait. “They’re very, very valuable and important to us. And you can just feel that good energy because people that volunteer are really precious and they always have a good attitude. I love when we have lots of activities going on and lots of volunteers around because it’s fun.”



John Tank is another great popcorn maker.



Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

Store Hours

575-388-2343

Mon-Sat 9am-7pm

Sunday 11am-5pm

Café Hours

575-956-6487

Mon., Wed. - Sat. 8:30am-7:00pm

Sunday 8:30 am - 5:00 pm

Closed Tuesday

Vision Statement

Because of all that we do,
our member-owners,
our food co-op, and our extended
community will gain and maintain health.

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette Gang

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and the Member Connect Committee

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& Meggie Dexter, Consultant

Submissions are welcomed!

Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

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management, or staff of the Co-op.

Cup o' Joe

by JOE Z



So here we are again in the holiday season! Time to wrap things up and celebrate! And certainly to be thankful!

Part of the real appeal of this particular Co-op, our Co-op, is that it has a valued history of constantly finding new and better services for all our Members – the Owners of this enterprise – as well as constantly improving what we already do.

Physically, I'm sure you've all noticed the subtle changes around the Co-op lately. Actually.... maybe not. After all: they're subtle. But what I have heard from folks is – “something's different but I can't tell just what – the place seems more vibrant or something”. We've been working the edges and buffing where we can. And there's more to come.

Is that part of increasing service to our Member/Owners? That is, making the place a pleasant visual and subliminal experience? I think so and I believe the majority of our Co-op feels this too.

We've also been carefully scrutinizing our products and, since we can't expand our store, we've been stocking product that more Member/Owners have interest in. At the same time, we are upping our scrutiny of ingredients in products to ensure our high standards. Some things slip through, of course, but our dedication to the highest quality and organic foods we can find is in fact a great service to our community.

Over the last few years we've been experimenting with our Member Appreciation Days – or as they are playful known: MAD (members get 10% discount). We've gone from one day per quarter to three 2-month periods where you can choose whatever day you want PLUS a now 3-day 15% off MAD in Sept.

Well, I'm announcing another increased service this year: for our Nov/Dec MAD, you can choose not 1 day but 2 days of your choice in those two months. You can use your discount one day in Nov. and one day in Dec. But it's better than that! You can actually also use both days in Nov or both in Dec. Whatever you want – your choice. Cool or what?

And speaking of great value, we have been expanding our *Co-op Basics* offerings slowly throughout the store. We want everyone to be able to afford our Co-op but we don't want to sacrifice our standards. The Co-op Basics items meet our standards and have a great price.

Our have been increasing in offerings and are different than Co-op Basics because they apply to special buys of regular items that we can bring in at a lower price with savings passed on to our Membership. They're always changing twice a month. Oh and special Member Only Sale items too (the pink signed ones).

Here's an important distinction between our Co-op and a conventional store: We are the buying agent for our Membership and make choices in their best interest as defined by our Mission Statement. This is really a big deal. It's people before profit. It's having a purpose and identity. It's about providing as many of the best available products as we can cram into our tiny store to serve the needs of our Membership.

Our instore *Grab 'n' Go* has become so popular, it helped spawn the 614 project otherwise known as our Market Café. There are multiple purposes to this project but the main ones are to provide a place for our Members to congregate in a pleasant environment rather than

the crowded aisles of the store; to provide space to sell excellent products that there is simply no room for in the main store; provide nutritious organic/natural prepared foods to our community that cannot be obtained elsewhere;

provide a community space where groups can book its use; we even have our experimental Green House in the back yard which provides some of the greens to our Café.

Our Market Café is very popular and many folks enjoy it. But it is an ongoing experiment to find new ways to serve more Members. We've learned a lot about what our Members and Customers like and we are slowly changing what is offered. As in the store, if we can serve more of our Membership, then we need to adjust a few things that should ultimately lead to an even more popular gathering spot.

We've been told that our Staff at the store and at the Market Café are some of the very best anywhere! Trustworthy, earnest, knowledgeable, personable and helpful are shared traits of our Staff over many years. How do you even put a value on something like that?

Co-ops exist not only for the Membership but actually are the Membership. In other words, without the Members, we would not have the capital to start and maintain a business such as ours. It is something we built together over the last 43 years. Currently there are around 2200 Members of our Co-op. Wow.

Of course serving all those Members with everything they want is quite difficult and even if we wanted to, we only have our little store and some space at the Market Café for some overflow. So we are always striving to find what we can offer the vast majority of our Members.

There's talk of the Co-op moving so that we can offer a better experience for our Members with parking, wider aisles and more check-out stands. Of course the Market Café and store would merge.

We're a long way off from that though and we would certainly engage the Membership fully before decisions to move would be made – after all – it's your Co-op.

A Co-op is only as strong as the Membership. The more Members shop our store and Market Café, the stronger we become. The more Members let us know what they think, the stronger we become. The motto of the National Co-op Movement is “Stronger Together” (long before Hillary usurped it). And we are. It's a fact.

Supporting your Co-op and shopping your Co-op is actually supporting yourself, your friends and your community. It is the ultimate in grass roots organization and exists solely to serve. I'm thankful to be part of this co-op community and I bet that all of our Member/Owners are too. Come and celebrate this joyous time of year with us! To paraphrase an old Beatles song, “You are we and we are you and we are all together”!



Silver City Food Co-op & Market Café Staff

Judith Kenney

produce

Bob Lee

bulk manager

Carolyn Smith

café

Dougan Hales

produce

Kate Stansberger

supplement buyer

Jake Sipko

produce manager

Carol Ann Young

office

Jeanné Miller

herb buyer

Becky Carr

dairy buyer

Vicki Gadberry

office

Jess DeMoss

POS manager

Meggie Dexter

offsite website

Misha Engel

frozen buyer

Jenny Morgan

office/cashier

Joe Z

gm

Marguerite Bellringer

finance manager

Kim Barton

POS

Michael Sauber

grocery

Doug Smith

grocery buyer

Paul Slattery

produce

Patricia Walsh

HABA buyer

Jody Andrews

cashier

Evan Humphrey

cashier/bulk

Lee Ann Miller

cashier

Brenna Brown

deli manager

Sarah Hardisty

deli

Tinisha Rodriguez

POS/grocery/HABA

Charmaine Wait

emo

Allie Iacocca

wherever needed

Mike Madigan

am

Lynne Featheringill

café

Leah Chastain

merchandising specialist

Amanda McGinnis

café

Marchelle Smith

cashier/grocery/deli

Charlie DeMars-Conoly

grocery

Robin Austin

wherever needed

Kenyon McNeill

grocery

Joy Kilpatrick

wherever needed

Kitty Stolzenbach

wherever needed

Max Koch

wherever needed

Mike Watson

wherever needed

Joseph Russell

wherever needed

Gregor Hamilton

café



Product Spotlight

Market Café

The holidays are just around the corner and Doug, our grocery buyer, has brought in some special holiday items at both the Co-op and the Market Café. Make your holiday gatherings special with some of these products!

At the Café you will find Dancing Deer Pumpkin Spice Shortbread Cookies. These melt in your mouth and are a nice twist to regular shortbread cookies.

Taza and Salazon chocolates with peppermint. Oh so wonderful. These make great stocking stuffers for your chocolate lovers. For serious chocolate lovers, try the Righteously Raw chocolates. Intense chocolate flavor!



Check out all of the Dancing Deer cookies



Specialty bottles of maple syrup make great gifts

Specialty bottles of organic maple syrup. Remember the really old fashioned Log Cabin tins? These are much better, organic, and bottled in glass. A special treat for yourself or a great hostess gift!

Don't forget the package of mulling spices for that holiday cider.

At the Market Café, so much more than lunch, you can buy something special for everyone on your holiday shopping list.

Food Co-op



Looking for a special cheese to enjoy or take to a party? Look no farther than Emmi Brand of Le Gruyere, cave aged in Switzerland.

Some of the staff think this cheese tastes like a cross between a very good white cheddar and parmesan. As with all well-aged cheese, there are small crystals in the cheese. Oh, the taste is divine.



Le Gruyere cheese, one of many delicious cheeses



Bubby Becky, our cheese buyer

Becky our dairy buyer, lived in Switzerland with her grandmother and learned a thing or two about European cheeses. She has done a great job of bringing in some fabulous cheese to your Co-op. Take some time and browse the dairy cooler and take home some great cheeses!



Fall KITCHEN MEDITATIONS

Green Beans with Roasted Nuts and Cranberries

Ingredients

salt and pepper
1 1/2 pounds green beans, trimmed
2 tablespoons extra-virgin olive oil
1/2 cup roasted, unsalted mixed nuts, roughly chopped
1/4 cup dried cranberries

Directions

1. Bring a large pot of water to a boil. Add 1 tablespoon salt and the green beans and cook until tender, 4 to 6 minutes.
2. Meanwhile, in a large bowl, combine the oil, nuts, and cranberries.
3. Drain the green beans and transfer them to the bowl. Add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss to coat. Serve warm or at room temperature.

Cranberry, Apple, and Fresh Ginger Chutney

Ingredients

4 cups fresh cranberries
1 cup raisins
1/2 cup white sugar
3/4 cup packed brown sugar
2 teaspoons ground cinnamon
1 teaspoon minced fresh ginger root
1/4 teaspoon ground cloves
1 cup water
1/2 cup minced onion
1/2 cup chopped Granny Smith apple
1/2 cup finely chopped celery

Directions

Combine the cranberries, raisins, white sugar, brown sugar, cinnamon, ginger, cloves and water in a saucepan. Bring to a boil, then simmer over low heat until berries start to pop, about 5 minutes. Add the onion, apple, and celery; continue to cook, stirring occasionally, until the mixture begins to thicken, 5 to 10 more minutes. Transfer to a container and cool slightly. Refrigerate overnight to allow the flavors to blossom.

The Frugal Co-op Chef



Extra Crispy Sweet Potato Wedges

*Thick and crispy oven baked sweet potato wedges!
A delicious snack or side.*

Serves 2-3 as a snack or side dish.

Ingredients

2 large sweet potatoes, peeled (or unpeeled, if you like skin) and cut into wedges
2 1/2 tablespoons olive oil
1 1/2 teaspoons salt
1 teaspoon sugar
1 tablespoon Italian seasoning
1/2 teaspoon black pepper

Instructions

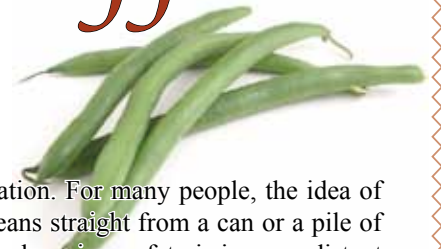
1. Preheat oven to 450 degrees (F). Line a large baking sheet with tinfoil (shiny side up); place baking rack onto prepared baking sheet; set aside.
2. Peel the sweet potatoes (if preferred) and cut off the pointy ends. Slice the sweet potatoes in half (lengthwise), then cut each piece into wedges.
3. Place the sweet potato wedges in a large bowl, then add in the olive oil, salt, sugar, seasoning, and black pepper. Mix well, making sure each wedge is coated with oil and spices.
4. Arrange the sweet potato wedges in a single layer on the prepared baking sheet. Bake for 30 minutes, then turn on the broiler and bake for another 3-5 minutes, or until they're well browned and crispy. Keep an eye here - it's easy to burn when the broiler is on!
5. Cool wedges on pan for 5 minutes, then serve at once!

Notes

The baking times listed above are approximate; it depends how thick you cut the sweet potato wedges. For best results, try to cut the wedges evenly; this will help them cook at about the same rate. Double recipe as needed, but only bake one tray at a time.

Nutrition Nugget

Green Beans



Green beans have a less than stellar reputation. For many people, the idea of green beans is either a pile of limp grey beans straight from a can or a pile of limp grey beans that have been boiled for an hour in a cafeteria in some distant memory. At their best, however, green beans are crunchy, nutritious, and bursting with flavor, and now is a great time to enjoy the last of the fresh summer beans.

A cup of green beans fresh off the vine contains about 30 – 40 calories, including a surprising amount of protein (about 2 grams) and a healthy amount of fiber (about 3 grams). In terms of micronutrients, a cup of green beans has about 10% of the RDA of folate, vitamin B6, magnesium, copper, thiamin, and riboflavin, and almost 20% of the RDA of vitamins C and K.

Good quality fresh green beans can be eaten raw, and make a wonderfully crunchy snack to pair with hummus. Green beans are also excellent lightly steamed or used as a part of a stir fry. One of my favorite ways to use green beans is a very quick pan-fry on medium-high heat with a bit of olive oil, finished with a pinch of flaky sea salt immediately before serving – they come out crunchy, slightly warm and browned in spots, and delicious.

-- Bret Sarnquist RD LD

Jake's November Produce Picks

Happy Thanksgiving! Jake has great sweet potatoes, green beans and fresh cranberries in for your holiday meals. All organic, of course! Check out how to use these in the recipes on page 4.



*Jake Sipko
Produce Manager*

Sweet Potatoes



Orange-fleshed sweet potatoes may be one of nature's unsurpassed sources of beta-carotene. Several recent studies have shown the superior ability of sweet potatoes to raise our blood levels of vitamin A.

Choose sweet potatoes that are firm and do not have any cracks, bruises or soft spots. Avoid those that are displayed in the refrigerated section of the produce department since cold temperature negatively alters their taste.

Sweet potatoes should be stored in a cool, dark and well-ventilated place, where they will keep fresh for up to ten days. Ideally, they should be kept out of the refrigerator in a cool, dry, dark place not above 60°F /15°C, which would fit the characteristics of a root cellar. Yet since most people don't have root cellars, we'd suggest just keeping your sweet potatoes loose (not in a plastic bag, but if desired, a brown paper bag with multiple air holes punched in it will work) and storing them in a cool, dark, and well-ventilated cupboard away from sources of excess heat (like the stove).



Judith preparing a beautiful fruit tray to be sampled on Popcorn Friday!

Cranberries

Unique, wild and natural by habitat, cranberries are rich in phyto-nutrients (naturally derived plant compounds), particularly proanthocyanidin antioxidants, which are essential for all-round wellness. The berries are indeed containing numerous chemical substances that may offer protection from tooth cavities, urinary tract infection, and inflammatory diseases.

Fresh cranberries can be available from October until December. In the Co-op, choose berries that are bright red, plump, free from wrinkles with intact skin, firm to touch, without any cuts or cracks. Antioxidant pigments are largely concentrated in berries that feature deep red skin. Discard any wet, mottled ones, as they tend to spread the mold to rest of the stock.

While fresh, as well as dried berries contain most of the antioxidants, bottled cranberry drinks and cranberry cocktails with added sugars contain the least.

Fresh berries can be stored inside the refrigerator for several days. Sort out any discolored, soft, shriveled or sticky fruits before storing. They have a very short shelf life if kept at room temperature.



Green Beans



Green beans are members of the common bean family, *Phaseolus vulgaris*, and are a popular part of diets around the world. There are slight variations in shape in different areas of cultivation and green beans may be called many different things, including French beans, fine beans, string beans, or even squeaky beans, depending on where you are eating them. There are approximately 150 varieties of green beans throughout the world that come in all shapes and colors, even purple! Despite the variable appearance of the beans, their nutritional content and health benefits remain similar.



*Always fresh
Grab 'n' Go!*

Brenna and the Deli crew keep making great food. Have you tried the spring rolls? Fresh, organic and delicious and they come with their own special sauce!

Another fresh and organic items are the rainbow salads. As tasty as they are delicious.

Stop by the Grab 'n Go cooler. There is always something new and fresh.



Spring Rolls with Special Sauce



Rainbow Salad



*Fresh
Spring Roll
ingredients*

Organic VS. Non-GMO

What's the Difference?

	Organic	Non-GMO
• No GMOs used	✓	✓
• No Synthetic Pesticides , linked to lymphoma & leukemia	✓	✗
• No Roundup Herbicides , linked to kidney disease, breast cancer & birth defects	✓	✗
• No ingredients laced with residues from the neurotoxin Hexane	✓	✗
• No Sewage Sludge , human waste contaminated with endocrine disruptors & heavy metals	✓	✗
• No Growth-Promoting Antibiotics , contributing to weight gain & antibiotic resistance	✓	✗
• No Ractopamine drug residues, banned in dozens of countries	✓	✗

More Info at FOODBABE.COM

Nov/Dec **MAD**

Pick your own two days

to receive **10%** off your purchases!

(Excluding mark-down items,
Thanksgiving & Christmas turkeys)

Be sure to tell the cashier **BEFORE** they start ringing up your purchases that you are using your **MAD** discount!

Member Appreciation Days (MAD) are offered 4 times each year, and are yet another way to save money at the Co-op.

Memberships are only \$10/year and you can recoup your membership by shopping just one **MAD**.



November Forum

Join us!
**Healthy Holiday
Eating**

with **Bret Sarnquist**

Thursday, November 10

from Noon to 1 pm

at the Silver City Food Co-op

520 N. Bullard St.

For more information call the Co-op at 388-2343

CO-OP
KID



Corner

Growing Coffee with a Conscience



As you enjoy your cup of Joe, imagine 2.5 billion cups of coffee being consumed around the globe in the next 24 hours. No wonder coffee is one of the world's largest commodities.

Coffee production methods are hugely important for the well-being of farmers and the environment in developing areas like Central and South America, Africa, and Indonesia, where much of the world's coffee is grown. In many places, the environment has suffered, and fluctuating market prices have taken a toll on farmers who can't support their families.

The good part? Your coffee choice does make a difference.

Fair Trade Coffee

A Fair Trade Certified label ensures the farmers who grew the coffee beans were paid at least a guaranteed minimum "fair trade price." Participating farmers typically belong to co-ops that sell the coffee themselves and provide credit against future sales to keep farmers out of debt. Technical assistance is provided for sustainable and organic farming practices, and in many cases, farmers form long-term relationships that bring commercial stability to their families and communities. These co-ops often provide other social benefits to their members as well, such as access to health care and opportunities for advanced education.

Today, more than 100 U.S.-based companies offer Fair Trade-certified coffee, which is often also Certified Organic and shade-grown.

Shade-Grown Coffee

Coffee plants prefer cool, moist environments, and the lush canopy of old-growth shade trees is the perfect provider. But industrial coffee production has introduced modified coffee plants that will grow on sunny plantations, and native forest is cleared to make way for their cultivation. This results in increased erosion and dependence on chemical fertilizers, as well as the destruction of natural wildlife habitats.

To ensure that your coffee is grown in a way that preserves the forest, look for certification by the Smithsonian's Rainforest Alliance. Based in Costa Rica, this group upholds standards for wildlife conservation and workers' conditions. The Smithsonian Migratory Bird Center also provides a Bird-Friendly coffee seal that shows the coffee is shade-grown (protecting the habitats of migratory birds) and processed without synthetic chemicals.

Reprinted by permission for: Co+op, stronger together



in Costa Rica, this group upholds standards for wildlife conservation and workers' conditions. The Smithsonian Migratory Bird Center also provides a Bird-Friendly coffee seal that shows the coffee is shade-grown (protecting the habitats of migratory birds) and processed without synthetic chemicals.

November

Saturday, November 5, 10 am to 3pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Thursday, November 9, 12 noon to 1 pm
Community Forum
Healthy Holiday Eating
614 N. Bullard St.

Saturday, November 12, 10am to 3 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Wednesday, Nov. 16, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Friday, November 25, 9 am - 7 pm
Black Friday
EVERYTHING 20% off at the Market Café
614 N. Bullard St.

Fridays in November
Popcorn Fridays
free popcorn and other food samples
Silver City Food Co-op

December

Saturday, December 3, 10 am to 3pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Thursday, December 14, 12 noon to 1 pm
Community Forum
Samples of Holiday Treats!
614 N. Bullard St.

Saturday, December 10, 10 am to 3 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Wednesday, Dec. 21, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Fridays in December
Popcorn Fridays
free popcorn and other food samples
Silver City Food Co-op
520 N. Bullard St.

Reserve your turkey!

Oct. 25th - Nov. 23rd

Small/Medium (8/16 lbs) Large/X-Large (17-24 lbs) **\$3.99 lb.**

*A \$10 deposit (non-refundable) per turkey
is required when placing order*

No MAD, volunteer or staff discounts

Turkey pick-up begins Wednesday, November 16th



**You may reserve a turkey for Christmas pick-up
(indicate on order form)**



Co-op and Community Events (Volunteers Needed for Co-op Events)

Co-op Community Donations

The Co-op donated to or collected donations on behalf of these organizations:

Grant County Food Pantry • Cliff Schools
Gila Monster Gran Fondue Bike Race • NM Farming Conference
Zumba Pink Breast Cancer Prevention

Bag Refund Donation Program

Thank you for using your own shopping bags!
For each shopping bag used, we will give you a chip valued at 5¢ to donate to one of two non-profit organizations. The non-profit organizations are currently changed every two months. The Co-op is proud to work with members and donate to these worthy organizations:

NM Wilderness Alliance LGBT
\$116.00 September \$61.75 September



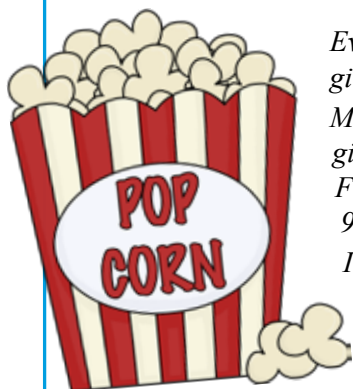
Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Christine Dalmedo • Saguara Compton • Robert Fischhoff
Janet Goodrich • Deb James • John Tank
Jane Papin • Setta Roberts • Laurel Johnson
Athena and Two Crow Schumacher



POPCORN POPPERS Needed!



Ever notice how happy people are when you give them something?

Make lots of people happy making and giving out popcorn and food samples on Fridays at the Co-op! Shifts are: 9am to 12noon and 12noon to 3pm.

It's fun and you get to visit with your friends and meet new friends.

Contact: charmeine@silvercityfoodcoop.com

Artisan Markets

For November and December, Artisan Markets will be held the first and second Saturdays of the month, 10 am to 3 pm. Open to member artisans with handmade art and crafts. Contact charmeine@silvercityfoodcoop.coop if you are interested in selling your handmade art.

Permaculture Workshops

On the third Saturday of each month there is a permaculture workshop from 1 pm to 2 pm. They are free, open to the public and held in the community room at the Market Café.

Community Forums

On the second Thursday of each month, community forums are held. If you are interested in presenting a forum on health, food, sustainable living or about how your local non-profit serves the community, please contact charmeine@silvercityfoodcoop.coop to discuss your proposal.

Popcorn Fridays

Each Friday from 9 am to 3 pm the Co-op offers popcorn and other food samples. Volunteers are needed to help make popcorn. It's fun, you get to meet lots of people, and see what is happening at the Co-op! If you are interested in helping with this ongoing event, please contact us.

Volunteer at the Co-op

When you volunteer to work for the Co-op, for every 3 hours of volunteer service, you receive a voucher good for 15% off for one day. It's a win-win! To volunteer, please contact Charmaine at charmeine@silvercityfoodcoop.coop

November 25th



Everything 20% off at the Market Café

Chili Pepper Program

This Holiday Season, Please Help Those in Need



Chili Pepper Program for the Grant County Food Pantry
 You can make a donation in the amount of: \$1, \$3, \$5, \$7, or \$9
 Your donation goes entirely to the Food Pantry

The Grant County Community Food Pantry, a project of The Volunteer Center of Grant County, has seen a dramatic increase in the number of community members served by the Food Pantry and this trend is expected to continue.

The Silver City Food Co-op is proud to donate food each month to the Food Pantry. You can too through the Chili Pepper Program. When you are checking out, please consider a donation to the Food Pantry. Just tell the cashier you want to make a donation and they can add it to your total. Your donation goes directly to help purchase nutritious food for the distributions.

Chili Pepper donations can be made in the amounts of \$1, \$3, \$5, \$7 and \$9.

The Volunteer Center and the Grant County Community Food Pantry are located at the Commons Center for Food Security and Sustainability, 501 East 13th Street, between Corbin and Swan Streets, in Silver City.

If you would like more information about donating food or your time to the Food Pantry or information about The Volunteer Center, please contact The Volunteer Center at 575-388-2988 or Info@TVCGrantCounty.org.

About The Volunteer Center of Grant County

Our mission is *“To mobilize the volunteer human resources in Grant County to meet the needs of the community.”*

Our vision is one of people having access to enough fresh, locally grown food to lead healthy, productive lives. We see a thriving, sustainable, local economy with meaningful work for everyone, and the opportunity to build together, a vibrant and hopeful future for our children and grandchildren.

Our purpose is to match volunteers with opportunities to use their expertise, time and energy to expand, improve, operate or create programs, services and projects that build community while meeting the needs of Grant County. Since 2004 thousands of volunteers have given over 100,000 hours to: 3000 children, 1000 + adults and over 25 partner agencies and organizations.



Turkey Fun Facts

*Wild turkeys sometimes sleep in trees!

*Only male turkeys gobble. Female turkeys make chirping sounds.

*Wild turkeys can fly. They fly short distances- up to 55 miles per hour!

*The turkey's eyes are on the side of his head. By rotating his head, he can see 360 degrees- the whole way around!

*The skin on a turkey's head can change colors- to red, blue, or white- when he or she gets excited or anxious.

*Turkeys have all sorts of names: adult male turkeys are "toms", females are called "hens". Babies are called "poults", young boys are "jakes", and young girls "jennys".

What do turkeys eat?

Some examples:



- TV dinners have Thanksgiving to thank. In 1953, someone at Swanson misjudged the number of frozen turkeys it would sell that Thanksgiving -- by 26 TONS! Some industrious soul came up with a brilliant plan: Why not slice up the meat and repackage with some trimmings on the side? Thus, the first TV dinner was born!
- Going shopping?: Not if you're a plumber. Black Friday is the busiest day of the year for them, according to Roto-Rooter, the nation's largest plumbing service. After all, someone has to clean up after household guests who "overwhelm the system."
- Turkey doesn't make you tired. It contains no more tryptophan than cheese or chicken.
- Congress designated Thanksgiving as an official holiday in 1941.
- A writer named Sarah Josepha Hale is responsible for Thanksgiving's national holiday status. She asked President Abraham Lincoln to declare it an American holiday in October 1863. She also wrote the poem, *Mary had a little lamb*.
- Thanksgiving is always the last Thursday in November.
- The Wednesday before Thanksgiving has the most liquor sales of the whole year.
- Benjamin Franklin campaigned for the turkey, not the bald eagle, to be the national bird.

Sustainable Entertaining

Planning dinner for a crowd? You don't have to spend a lot or make it complicated to create a delicious and environmentally friendly meal your guests will love. Whether you're throwing a summer barbecue for co-workers or hosting a holiday celebration for extended family, a sustainable menu can offer up big flavor and low costs.

Some sustainable eating tips

Celebrate local and in-season

- Highlight fresh, in-season, local fare. Ingredients that are in season and local tend to be fresher and more flavorful, and in-season typically means a better price for you, too. Browse your cookbook collection for recipes using the best of the season and make these ingredients the focus on your meal plan. Visit your co-op for ideas. If you're planning ahead (good for you!), talk with the co-op staff about what will be fresh and available when your event is happening.
- To see a list of fruits and vegetables that are or will be in season in your state, visit Natural Resources Defense Council's (NRDC) page on eating local.
- Your co-op can point you to local meats, cheese and other local favorites. If seafood is on the menu, be sure to look for sustainable choices; Seafood Watch offers a handy pocket guide.
- And, be sure to look for the Fair Trade label when choosing party favorites like chocolate, coffee, tea and spices (Fair Trade is a great conversation topic, too!).

Keep an eye on value

To make a great party more expensive doesn't mean better. There's no need to blow your budget -- even when serving a sustainable menu. To save:

- Rely on inexpensive staples like grains and beans.
- Buy in bulk for best economy.
- Check out your co-op's sales flyer and coupons for upcoming specials that you can incorporate into your plans.

Waste not

Aim for zero waste:

- Cook the right amount of food. If you overdo, arrange for guests to bring home leftovers.
- Choose reusable plates, linens, and utensils. If you don't own enough dinnerware to go around, consider borrowing a set from a friend. Or if you go with disposable dinnerware, choose biodegradable products.
- Provide clearly-marked recycling and compost bins for guests.
- Use live plants or food (like a parade of baby squash or a wooden bowl of green apples) for the table decor.
- Print your invites on recycled paper, or, better yet, send e-vites.

By: Co-op, stronger together



2 U From Your Board...

*Carmon Steven • Karen Strelko • Nancy Coates
Jennifer Johnston • Jean Béffort
Gail Rein*

Farewell to Bill Blakemore

The board is sending a heartfelt "Thank You" to Bill Blakemore for his service on the board of directors. Bill resigned his position at the September board meeting to focus on other endeavors. His work ethic, common sense, humor, and perspective will be missed.

Member-owners interested in learning about being on the board, or participating in our Board Member in Training (BIT) program, please contact Jennifer Johnston at 575-654-0052.

Member Linkage Committee Has a New Identity

We have a new name and logo for one of the board committees! Member Linkage has been renamed Member Connect because it more clearly reflects describes the committee's charter to "be a conduit for information from member-owners to the board and operations, and assist communication from the board to member-owners."

Member Connect relies on board member and member-owner participation to plan events like the annual General Membership Meeting (GMM). We are currently starting to plan next year's GMM and are looking for great ideas for topics and activities for the event. We have a lot of fun! Please contact Carmon Steven at 858-361-9695 if you want to join the committee. We meet the first Wednesday of each month from 11 to noon in the Market Cafe community room.



2 U From Your Board...

Carmon Steven • Karen Strelko • Nancy Coates
Jennifer Johnston • Jean Béffort
Gail Rein

We Need Your Help!



By the Member Connect Committee

These are scary times for food cooperatives. Even in Silver City, competitive pressures threaten the survival of our co-op. We are also threatened by aging membership - our co-op needs many new, younger members to sustain it into the future. Simply having the best organic foods in town is no longer enough. Our Silver City Food Co-op is precious and fragile.

Protecting and Nurturing Our Precious Co-op

How can you, a dedicated and loyal member, be inspired to help? Please consider these ways you can protect your precious co-op...

- **Keep your membership active**—purchase a share annually.
- **Vote in all elections** for directors, changes to bylaws, changes to articles of incorporation, and special initiatives.
- **Shop your co-op**—buy most, if not all, of your food from the co-op and enjoy the Market Café's wonderful meals and great gifts.

Be further inspired! Here are ways you can help nurture your precious co-op...

- **Encourage others to shop your co-op** and, if not yet members, to join your co-op. The more that people buy from our co-op and the more who become members, the more we can do. Perhaps at some point, we can even move to a bigger space with ample parking.
- **Stay informed** by reading the monthly newsletter the Garbanzo Gazette, attending the annual General Membership Meeting, and conversing with directors, officers, employees, and other members.
- **Stay active** in your co-op by participating in meetings, responding to surveys, volunteering, serving on committees, and serving on the board.

You own the co-op! Be even more inspired—think deeply about the seven cooperative principles that define your precious co-op...

1. Voluntary and open membership
2. Democratic member control
3. Economic participation by members
4. Autonomy and independence
5. Education, training, and information
6. Cooperation among cooperatives
7. Concern for community

Your co-op applies all seven of these cooperative principles in all aspects of its work and business practices. Not one of the other groceries or restaurants in Silver City even comes close to doing this.

Survival of your co-op depends on each and every one of us doing our part. We have job descriptions for the board of directors, for the general manager, and for the staff. Why not for members? Well, we do! The bullet points above are the job description for every member-owner.

Your co-op will survive only with a thriving and inspired membership. Member-owners truly do have a key role to play. Be inspired... do your part and spread the word. Protect and nurture your precious co-op... our precious co-op.



Artwork is courtesy of board member Jean-Robert Béffort.

Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at 614 N. Bullard Street, 4:30-7:30 pm.

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.

Karen Strelko/President

Board Term: 2015-2018
browserandlouie@yahoo.com

Jean-Robert Béffort/Vice President

Board Term: 2016-2018
aspace.studiogallery@gmail.com

Jennifer Johnston/Secretary

Board Term: 2015-2018
johnstonjenny40@gmail.com

Gail Rein/Treasurer

Board Term: 2014-2017
rein.gail@gmail.com

Bill Blakemore

Board Term: 2016-2019
blakemore1936@gmail.com

Nancy Coates

Board Term: 2016-2019
coates@gilanet.com

Carmon Steven

Board Term: 2016-2017
yankiecarmon@gmail.com

Board of Directors

November Sales

To Our Co-op Members & Customers: Please note that sales run for a two-week period.
 Each month 100s of items are on sale. To see a complete list, please visit our website.
 The pictured items are just a sample of the great values you will find at the Co-op each month.

November 2 - November 15



Bulk
Organic
Pinto Beans
reg \$2.69#
SALE \$2.39



Kevita
Probiotic Drink
Mango Coconut
15.2 oz
reg \$3.39
SALE \$2.50



Beyond Beef
Beefy Crumble
100% Plant Protein
11 oz
reg \$5.19
SALE \$4.39



Enjoy Life
Mini Chocolate Chips
10 oz
reg \$5.99
SALE \$3.99



Desert Essence
Shampoo & Conditioner
Red Raspberry, 8 oz
reg \$7.89
SALE \$5.99



Garden of Life
Raw Organic Protein
Vanilla, 624 g
reg \$37.99
SALE \$29.99

November 16 - November 29



Bulk
Organic
Pumpkin Seeds
reg \$4.39
SALE \$3.39



Greek Gods
Assorted Yogurt
24 oz
reg \$4.19
SALE \$3.00



Cascadian Farm
Frozen Vegetables
Assorted, 10 oz
reg \$2.89
SALE \$1.75



Bionature
Bilberry Fruit Spread
9 oz
reg \$4.99
SALE \$3.39



Dr. Bronner's
Hand & Body Lotion
Lavendar/Coconut 8 oz
reg \$8.69
SALE \$6.99



MegaFood
Daily C-Protect
Nutrient Booster Powder
63.9 g
reg \$19.99
SALE \$16.99

Members Only Specials November 2 - November 29



SoDelicious
Almond Milk Creamer
16 oz
reg \$2.39
SALE \$1.99



Rebbl
Assorted Elixirs
12 oz
reg \$4.29
SALE \$3.49



Harvest Bay
Coconut Water
8.45 oz
reg \$1.99
SALE \$1.59



Simple Organic
Vanilla Extract
4 oz
reg \$10.99
SALE \$8.79



Grandpa's
Pine Tar Soap
3.25 oz
reg \$3.99
SALE \$3.19



**Oregon's
Wild Harvest**
St. John's Wort
90 ct
reg \$16.49
SALE \$13.19