



Silver City Food Co-op



GARBANZO GAZETTE

Your monthly newsletter • January 2017

Volume 17

Co-op Hours:

Mon. - Sat.

9 am - 7 pm

Sunday

11 am - 5 pm

575•388•2343

520 N. Bullard St.



Four Reasons that Organic Food is Better than Conventional

By: Barth Anderson

I was talking to a friend the other day who said they didn't believe that "certified organic" meant anything anymore, that it's overrated. Now, as a former blogger on Fair Food Fight, I'm in the weird half-world of being both critic and proponent of organic foods. I do see problems with the organic standards, but when someone criticizes organic food in general, I tend to get my back up.

Here's why: Say what you will about the integrity of Big Organic corporations (and I've probably said it myself), but there's still a very strong base of small, certified organic family farms at the core of the organic industry. And as long as "organic" means something to them, it's going to mean something to me.

So here's my bottom line on what organic means: If you shop in grocery stores, and not 100% from farmers or farmers markets, then certified organic food is still the routinely best option for safe, clean food with a lower impact on the environment.

• Four Reasons Why Organic is Better •

1. No harsh synthetic pesticides or fertilizers

The worst of the worst pesticides (atrazine, organophosphates, Thiodicarb, etc) are never used in certified organic food production. Important, since organophosphates have been recently linked to health and development problems in the children of U.S. farm workers.

High-nitrogen fertilizers are never used in organic production, either. These are the fertilizers that have been scientifically linked to the hypoxic ("dead") zones in the Gulf of Mexico.

2. No "GE" seeds

Certified organic farmers source non-GE (genetically engineered) seeds in order to receive the USDA organic seal.

The past USDA action to allow unregulated planting of GE alfalfa was a blow to the long-term prospects for organic dairy (which uses certified organic alfalfa to feed milk cows). But it's important to remember that organic regulations were not altered for this decision to take place.

Certified organic farmers remain steadfast in their commitment to sourcing truly organic seeds that aren't owned and copyrighted by a lone biotech monopoly.

3. No irradiation

Certified organic food is never irradiated.

4. No sewage sludge

Did you know that city sewage (AKA "biosolids") is dumped on US farm fields to fertilize them? The problem: heavy metals, lawn pesticides, gas, oil, detergents, and other chemicals that can wind up in a sewer don't go away with composting sewage into biosolids -- and can cause a spike in health problems with local neighbors.

Certified organic food, meanwhile, is never grown in composted sewage waste.

Buying direct and local from environmentally-minded farmers is a great way to support a cleaner way of farming.

And buying certified organic food at your local co-op is the next best thing to being on that farm yourself.

Reprinted by permission from Co+op Stronger Together

Silver City Food Co-op

Market Café

NEW

Café Hours:

Sunday
10 am - 3 pm

Monday
9 am - 7 pm

Wed. - Sat.
9 am - 4 pm

Closed Tuesday

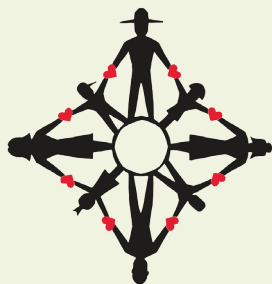
575•956•6487

614 N. Bullard St.

YOU ARE WHAT YOU EAT

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

Monday 9am - 7pm

Wed - Sat 9am - 4pm

Sunday 10am - 3pm

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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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



It really does drive me crazy. The other day, another so called "facebook friend" started spouting off that organics and natural is stupid and a huge scam. He says that science does not support this foolishness. He went on to say that it isn't better than any food produced by Agra-biz with their mono-culture, heavily fertilized and heavily sprayed with insecticides and herbicide products. He says that science does not support this foolishness.

Here we go again. Ever since the seventies when I got into natural and organic foods, I have seen and heard these attacks. They are ridiculous and I've never figured out why folks think it's a good thing to attack those who are trying to find healthier ways forward.

Now I love science. Even now I'm rather amazed that my life path did not lead me to a lab somewhere (probably in astrophysics but geology held a deep draw too – really different ends of the same thing). There is so very much to learn about the science of foods and biology. I love reading the latest data.

There is a huge however here: science by itself cannot provide us with a clear path forward because of its very nature. To get clear studies, science demands that you eliminate as many variables as possible. In the fields of biology or our environment, this is nearly impossible.

Recent studies now suggest that salt really doesn't cause high blood pressure, low-fat diets aren't that healthy and Hot Fudge Sundays are the best thing in the world for you (I made up that last one). Those studies are just as flawed as the earlier one suggesting the opposite.

Certainly I, as most folks, appreciate certainty. Just tell me what is good and what is bad. Here's one that we know: don't use lead in your food or in the environment. It took hundreds of years to discover this because it is not an instantaneous poisoning such as hemlock. But there really is solid science now that lead is really bad for you – because almost no matter who you are – lead will do you in. The effects are pretty much universal, well-studied and documented.

But foods – for the most part – are very different. Each of us react to foods differently. Certainly, you know of a food you love and thrive on where the same thing makes someone else ill. When we get away from the obvious poisons – it's exceedingly difficult to isolate specific effects on an individual and then make a jump to the universal. There are simply too many variables.

I drink around a pot or two of coffee almost everyday. Love it. And yet I know of individuals who even one cup gives them uncontrollable jitters. Why? No one really knows. There have been tons of studies but nothing incontrovertible. My brother and sister – while genetically similar (so I'm told) – react to foods very differently although we all have gravitated to organic/natural.

While science is indispensable when studying health and nutrition, what effects you is very different than how it may effect someone else. This is why someone can live into their late 80s

while smoking and eating the worst junk foods while someone else living the same way succumbs to illness in their 40s.

So what do we do? Well I'm not suggesting that we ignore food studies or pursue the belief that lead may hurt everyone else but not me. Nor will I say that a particular diet is better for you. This is something that each of us has to discover ourselves.

Maybe our heavily insecticide/herbicide sprayed foods are really healthier for you than foods grown naturally and organically – but I don't believe that for a moment. You can read studies that say it's all safe and maybe they are correct. But the science is not fine enough to parse all the factors. So the very first thing I do is try to eliminate those variables from my diet. Not totally. But the vast majority of the foods I ingest are organic and natural. That's personal choice. Maybe it is more belief than fact. I don't really know and no one does although repeated studies have shown that eating whole foods and less processed foods leads to better health.

There is a word that used to be used a lot back in the 70's and 80's and while it is still used, it's not really given much thought other than it is an "alternative". That word is holistic.

It is about approaching health not just from one point of view but treating health as a journey that encompasses not only eating well (whatever that is) but also exercising and attaining spiritual balance (each path is personal). Natural foods are often used as medicine. You get sick and suddenly you eat better and take supplements. It may work in your particular case or not.

But it misses the point. Operating in a holistic manner is a lifestyle. It has worked well for me – at least up to this point. No one knows how I'll hold up going forward. Long life is not my goal but operating at peak efficiency and effectiveness every day is.

As I said – it's a journey that is ever evolving as we age. I will not at all claim that I am the epitome of health. But I'm always conscious of the choices I make and though desire may play an important part of my decisions, it does not dictate my choices.

Each January – as a lot of us do – I recommit myself to eating better, exercising more and upping my mental/spiritual balance. It's not easy to be sure. Modern life pulls us away from these goals at every turn.

Our Co-op helps me on my journey and we hope it helps you too. Not only do we have the foods I want but I'm surrounded by folks who are also exploring healthier lifestyles. While I've been on this path for the past 40 years, it is never too late to start. Recommit yourself to yourself. Now is the perfect time to start!



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

Charmeine Wait

emo

Allie Iacocca

wherever needed

Mike Madigan

am

Lynne Featheringill

café

Leah Chastain

merchandising specialist

Amanda McGinnis

café

Marchelle Smith

cashier/grocery/deli

Robin Austin

wherever needed

Kenyon McNeill

grocery

Joy Kilpatrick

wherever needed

Max Koch

wherever needed

Mike Watson

wherever needed

Gregor Hamilton

café

Kelly Nicholas

café

Jo Lutz

wherever needed

Product Spotlight

Market Café



Mesquite Wood

Near Bisbee, AZ is a very nice gentleman who uses mesquite wood to make beautiful cutting boards and utensils. Some are traditional cutting board shapes and others follow the contour of the natural wood. Some of the natural boards and inlayed with turquoise for a beautiful, artful look.

These boards can not only be used for cutting boards but for cheese trays, bases for alters or for a special piece of art. Each one is unique and one-of-a-kind.

During the month of January, all mesquite wood products are on sale for 15% off!

NEW Café Hours
Sunday
10 am - 3 pm
Monday 9 am - 7 pm
Wed. - Sat.
9 am - 4 pm
Closed Tuesday

Also at the Café: Monday Night at the Movies!

Mondays in January at 5:30 pm starting January 9, 2017

Free Teaching Videos on Attachment Styles

Vicki Allen, LISW, will be showing teaching videos of attachment expert Diane Poole-Heller at the Market Café Monday nights in January starting at 5:30 pm.

The focus is on the four different types of attachment style: secure, insecure/avoidant, insecure/ambivalent and insecure/disorganized. Although Ms. Poole-Heller is directing her lecture to therapists, the information is very useful to all adults about how our earliest relationships effect all future relationships and most importantly, that all of us can do things to come into a place of secure attachment in ourselves that leads to greater love, intimacy, and satisfaction in all our relationships.

Come early to the Market Café if you would like to purchase something to eat while watching the video.



KITCHEN MEDITATIONS

Winter

Nutrition Nugget



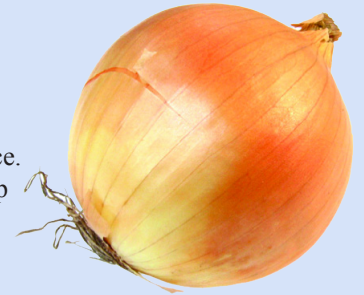
Rutabagas, known as swedes in much of the world, are an excellent source of vitamin C, potassium, and manganese, and a good source of fiber, thiamin, vitamin B6,

calcium, magnesium, and phosphorus. All these provide such a combination of nutritional benefits as to promote healthy function throughout the body, while protecting from heart disease and cancer. In fact, clinical studies show that colorectal and prostate cancers can be diminished by ingesting healthy amounts of brassica vegetables, such as rutabaga.

If rutabaga is a new vegetable for you, give it a try roasted or sautéed with raw butter, salt and pepper, or processed for a delicious, creamy sauce.

Courtesy mercola.com

The Best French Onion Soup



Serves 6

Notes:

For the best flavor, make the soup a day or 2 in advance. Alternatively, the onions can be prepared through step 1, cooled in the pot, and refrigerated for up to 3 days before proceeding with the recipe.

Ingredients:

Soup

- 3 tablespoons unsalted butter, cut into 3 pieces
- 6 large yellow onions (about 4 pounds), halved and cut pole to pole into 1/4-inch-thick slices (Make sure you get Yellow)
- Table salt
- 2 cups water, plus extra for deglazing
- 1/2 cup dry sherry
- 4 cups low-sodium chicken broth
- 2 cups beef broth
- 6 sprigs fresh thyme, tied with kitchen twine (can substitute dry)
- 1 bay leaf
- Ground black pepper

Directions:

For the soup:

1. Adjust the oven rack to the lower-middle position and heat the oven to 400 degrees.
2. Generously oil a heavy-bottomed large (at least 7-quart) Dutch oven. Place the butter in the pot and add the onions and 1 teaspoon salt. Cook, covered, for 1 hour (the onions will be moist and slightly reduced in volume). Remove the pot from the oven and stir the onions, scraping the bottom and sides of the pot. Return the pot to the oven with the lid slightly ajar and continue to cook until the onions are very soft and golden brown, 1 1/2 to 1 3/4 hours longer, stirring the onions and scraping bottom and sides of pot after 1 hour.
3. Carefully remove pot from oven and place over medium-high heat. Using oven mitts to handle pot, cook onions, stirring frequently and scraping bottom and sides of pot, until the liquid evaporates and the onions are browning, 15 to 20 minutes, reducing the heat to medium if the onions are browning too quickly. Continue to cook, stirring frequently, until the pot bottom is coated with a dark crust, roughly 6 to 8 minutes, adjusting the heat as necessary. (Scrape any fond that collects on spoon back into onions.)
4. Stir in 1/4 cup water, scraping the pot bottom to loosen crust, and cook until water evaporates and pot bottom has formed another dark crust, 6 to 8 minutes. Repeat process of deglazing 2 or 3 more times, until onions are very dark brown. Stir in the sherry and cook, stirring frequently, until the sherry evaporates, about 5 minutes.
5. Stir in the broths, 2 cups of water, thyme, bay leaf, and 1/2 teaspoon salt, scraping up any final bits of browned crust on bottom and sides of pot.
6. Increase heat to high and bring to simmer. Reduce the heat to low, cover, and simmer for 30 minutes. Remove and discard herbs, then season with salt and pepper.

From: Cook's Illustrated

The Frugal Co-op Chef



According to Bon Appetite magazine, in some countries eating greens brings good luck for the New Year. They resemble paper money, and who doesn't want more money in the new year? Everything from cabbage to kale to your Mesclun salad mix applies here.

Sautéed Kale

This is an easy and yummy way to enjoy kale.

- 1 bunch kale of any kind, washed and chopped
- 2 T Olive oil
- 6 cloves of garlic, diced
- 1 t red chili pepper flakes

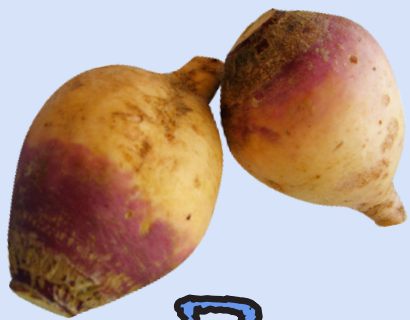
Sauté the garlic and chili flakes in the olive oil over medium heat until the aromas are released, but not browning the garlic (or it will be bitter). Add the kale until it is wilted, stir through and enjoy!





Jake Sipko
Produce Manager

Jake's January Produce Picks



Rutabaga

Although it can be eaten raw, cooking rutabaga will make you enjoy this root vegetable more. When cooked, it releases a sweet yet savory flavor – like a rich golden potato, but less starchy and more satisfying. Before cooking rutabaga, though, wash and peel.

You can now use the peeled rutabaga cubes in your recipes. Make sure to check them frequently as they cook, as they may overcook and disintegrate. Try these methods to cook rutabaga:

- **Boiling:** Put the rutabaga pieces in a pot of boiling water with a small amount of stevia or honey to taste. Cooking time is approximately 10 minutes.
- **Stir-fry:** Sauté the diced rutabaga (or cut them into strips) in coconut oil for about seven minutes.
- **Baking:** Place the sliced or diced rutabaga in a shallow baking dish, sprinkle with a few tablespoons of water and bake in the oven at 350 degrees Fahrenheit for an hour or until tender.
- **Mashing:** Fill a pot with water, put in the rutabagas and a bit of salt and let it boil. Lower the heat and simmer for 40 minutes. Once cooked, drain the chunks and use a potato masher to mash them evenly. Add a pinch of nutmeg or cinnamon or a few tablespoons of butter to taste.

Yellow Onion

Whether white, yellow, or red, onions are one of the world's most popular and versatile vegetables, delivering an unmistakable, pungent heat – some more than others. The sharp fragrance and flavor emitted by onions is due to the sulfur compound allyl propyl disulphide; it's allyl sulphide that brings you to tears when peeling one, serving the good purpose of washing the thin epithelial layer of the eyes. Holding peeled onions under cold water for several seconds before slicing minimizes this effect.

Onions are loaded with numerous health benefits, and scientists are still discovering how beneficial this vegetable really is. They're a very good source of vitamin C and B6, iron, folate, and potassium. The manganese content in onions provides cold and flu relief with its anti-inflammatory abilities.

Two phytochemical (plant-derived nutrient) compounds in onions – allium and allyl disulphide – convert to allicin when the bulb is cut or crushed due to enzyme activation. Studies show these compounds to have cancer- and diabetes-fighting properties, while decreasing blood vessel stiffness by releasing nitric oxide. This can reduce blood pressure, inhibit platelet clot formation, and help decrease the risk of coronary artery disease, peripheral vascular diseases, and stroke. Significant amounts of polyphenols (another phytochemical in onions) and an antioxidant flavonoid called quercetin (which has proven anti-cancer, anti-inflammatory, and anti-diabetic functions) account for the reputation onions have for disease prevention.



Lemon

Arguably one of the world's most widely consumed tropical fruits, lemons are best when bright yellow and thin-skinned. Famous as a refreshing drink bearing its name, lemon slices or wedges are often added to cold and hot tea for an extra punch of vitamin C. They make a great garnish for salads and can be squeezed over other raw fruits to add flavor while preventing them from turning brown.

Lemon juice is also a great foundation for salad dressing, and adds a tantalizing piquancy when sprinkled over fish. And the zest - just the yellow part, as the white part is bitter - is a lovely addition to many recipes. Whatever the use, wash lemons thoroughly beforehand.



Produce information courtesy Mercola.com

GRAB

'n' GO

Yummmm!



Amanda, Brenna and Sarah

Every morning the Grab 'n Go crew makes new delicious items to fill the case out by the registers. The ingredients are organic and fresh. It is like our own private catered buffet! You can find fresh salads, soups, sandwiches, nori rolls, hummus, grain salads, and more! We won't have everything every day because there is just not enough room, so take some time each visit to the Co-op to see what is fresh in the Grab 'n Go cooler!

2017

MAD

10% off for 2 Days in:
Feb/March • June/July • Nov/Dec

15% off:
September 14, 15, 16

Feb/Mar 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.

January
Co-op Tour



Join us!
Get the Inside
Scoop!

Wednesday, January 11th
from 10 am to 11 am

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

Co-op Explorers Kids Craft
at the Silver City Market Café
on Saturday, January 7th, at 1pm



Make a pine cone bird feeder

at the Silver City Food Co-op Explorers craft class on Saturday, January 7, 2017, from 1 pm to 2 pm, in the community room at the Market Café located at 614 N. Bullard St.

Kids ages 12 and under are invited to become a Silver City Food Co+op Explorer. To become a card-carrying Co+op Explorer, kids simply need to bring

a parent or supervising adult to a cash register and ask to become a Co+op Explorer. Each child will be issued their very own super official Co+op Explorers card!

Please call Charmaine at the Food Co-op, at 388-2343 to register your child for the craft class. The class is free and children must be accompanied by an adult. The bird feeders will be made using peanut butter so children with nut allergies should not do this craft.

Get the Inside Scoop!
Silver City Food Co-op Tour
on Wednesday, January 11th
at 10 am to 11 am at 520 N. Bullard St.



Have you wondered about the food at the Co-op? Do you know you don't have to be a member to shop at the Co-op and save big on organic foods? What is all of that stuff in the bulk bins? Bring your questions and get answers on the fun Co-op tour on Wednesday, January 11, at 10 am at the Silver City Food Co-op. We will sample some foods and share recipes.

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

January

Saturday, January 7, 1 pm to 2 pm
Co-op Explorers Craft
Come and make pine cone bird feeders!
614 N. Bullard St.

Wednesday, January 11, 10 am to 11 am
What's a Co-op?
Co-op Tour:
Come and get the inside scoop on your co-op!
520 N. Bullard St.

Saturday, January 14, 11 am to 12 noon
Ask the Dietitian about Gluten Free
Information and Tour of the Co-op
520 N. Bullard St.

Wed., January 18, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

Saturday, January 21, 11 am to 2 pm
Sampling Saturday!
Come by the Co-op for special samples and recipes
520 N. Bullard St.

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

February

Saturday, February 4, 1 pm to 2 pm
Co-op Explorers Craft
Come and make paper heart bags!
614 N. Bullard St.

Wednesday, February 8, 10 am to 11 am
What's a Co-op?
Co-op Tour:
Come and get the inside scoop on your co-op!
520 N. Bullard St.

Saturday, February 11, 12 noon to 5 pm
Chocolate Fantasia
Come and get your wild west on!
614 N. Bullard St.

Saturday, February 11, 10 am to 3 pm
Artisan Market
Support local artisans!
614 N. Bullard St.

Saturday, February 18, 11 am to 12 noon
Ask the Dietitian about Diabetes
Information and Tour of the Co-op
614 N. Bullard St.

Saturday, February 18, 11 am to 2 pm
Sampling Saturday!
Come by the Co-op for special samples and recipes
520 N. Bullard St.

Wed., February 15, 4:30 pm to 7:30 pm
Silver City Food Co-op Board Meeting
614 N. Bullard St.

CO-OP Community



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*
- WILL Movie Night*
- Wild and Scenic Film Festival*

We would like to thank the members who give generously each month with donations to the Food Pantry through the Food Co-op's "Chili" program.

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:

- | | |
|--------------------------------------|-------------------------|
| Upper Gila Watershed Alliance | Single Socks |
| <i>\$120.30 November</i> | <i>\$70.30 November</i> |



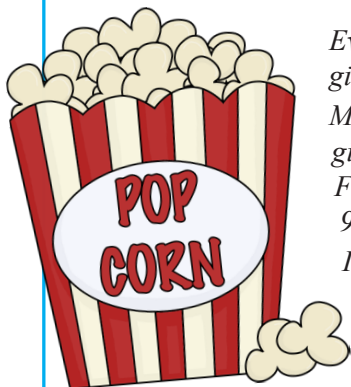
Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

- Christine Dalmedo • Saguara Compton • Janet Goodrich
Deb James • Sharon Bookwalter • Ellen O'Bryan
Jane Papin • James Odin • Rebecca Margolis
Athena and Two Crow Schumacher • Marta Bloy



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 Market

The member Artisan Market will return to the second Saturday of the month, 10 am to 3 pm, starting on February 11, 2017.

Open to member artisans with handmade art and crafts.

Contact charmeine@silvercityfoodcoop.coop if you are interested in selling your handmade art.

Co-op Explorers Do-It-Yourself Class

Held on the first Saturday of the month in the community room at the Market Café from 1 pm to 2 pm.

Designed for children 12 years old and younger, must be accompanied by an adult.

Please RSVP at charmeine@silvercityfoodcoop.coop.

Co-op Tours

Co-op tours will be held on the second Wednesdays of the month at the Co-op, from 10 am to 11 am.

Get the inside scoop, samples and recipes.

Sampling Saturdays

Held on the third Saturday of the month, 11 am to 2 pm.

Great food will be sampled along with the recipes.

Come and find out how good organic is!

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 388-2343 or email charmeine@silvercityfoodcoop.coop.

20% OFF! Sale on all Supplements

Monday • January 9th

Staff VPicks

Meet Sarah Hardisty and her son Rylie

by Robin Austin

Sarah's and Rylie's Favorite Products:

Sarah's Pick:

Chocolove Peppermint
in Dark Chocolate Bar
because it's a great price
and comes with a love poem!



Rylie's Pick:

Newman's Own Original Newman O's
Mom likes them because they're made with
organic sugar and flour and all the profits of
Newman's Own products go to charity.



Sarah and Rylie
with his favorite cookie

After three years of stocking shelves, ringing members up as a cashier, and re-filling veggie and fruit bins, Co-op employee Sarah Hardisty is now performing her favorite of all Co-op duties – cooking in the deli and filling the Grab 'n' Go fridge at the front of the store with soups, sandwiches, salads and nori rolls for those hungry and busy Co-op members that need a bite on the run. A big reason Sarah loves working back in the deli is because she gets to work with deli manager, Brenna Brown.

“She’s my hero. She’s taught me a lot since I’ve been around her,” says Sarah about Brenna.

Sarah also loves working in the deli because it allows her to be creative in coming up with new recipe ideas.

“Working back here in the deli is fun because we get to be creative and that’s one of the best things about working at the coop is that we all get to put our ideas into a pot and mix it up,” says Sarah.

When Sarah isn’t at the Co-op she and her son, eight-year-old Rylie, love to hike, fish, ride their bikes together and take their dogs, Tank and Littles, for walks. Their favorite hiking spot is Snake Hill where they hunt for amethyst.

Sarah is known for always being in a great mood with a joke up her sleeve so say hi the next time you see her stocking those spring rolls you love so much.

So Many Questions, So Little Time . . .



**On Wednesdays, our
supplement department (Kate)
will dig for the answers
to your product questions.
Many requests can be
special-ordered
- another of our services.
Thanks for your support
of the Co-op!**



Ahhhhh, Summer is coming!

Doug, our grocery buyer, has ordered this wonderful olive oil and it is scheduled to come in at the end of January.

Cooperatives Grow Communities: Riojana Olive Oil

In the town of Arauco in the La Rioja province of Argentina stands the oldest olive tree in the country, planted in the 1600s. Although not native to Argentina, the Arauco olive is highly prized for its buttery smoothness and meaty texture, and for the robust floral and fruity flavor notes it contributes to olive oil.

There, in the Antinaco-Los Colorados Valley, the cooperative producers of Riojana extra virgin, fair trade organic olive oil are cultivating much more than their 350 olive trees. Through cooperation, they are growing a healthy, vibrant and sustainable community.

FROM FAMILY FARMS
RIOJANA
TO FAMILY TABLES

Reinvesting profits for health and education

La Riojana's founders came from Italy to Argentina in the 1940s and began cultivating grapes for the production of wine, and planting olive trees as a natural companion plant. Certified fair trade by Fairtrade International in 2006, the members of the cooperative have invested more than \$11 million Argentinian pesos (~ \$730,000 US), primarily from the sale of their fair trade organic wines, in projects including a new drinking water supply for the village of Tilimuqui, where many of La Riojana's workers and their families live. The fair trade premium has also been invested in production improvements, new community centers and medical equipment, but the most visible result of the cooperative's reinvestment in its farmer members and their families can be seen in their commitment to education.

A new secondary school specializing in agriculture opened in Tilimuqui in 2010. Offering free education to children age 13-18, the school has had a profound impact on its community, providing a catalyst for local development, increasing employment by the creation of more than 50 new jobs at the school, and providing training in technical agronomy to help slow the migration of young people to larger cities. Since 2010, enrollment in the school has grown from 33 pupils to more than 300. With plans to build new classrooms, the cooperative hopes to expand the school's capacity to 600 students in the next few years. The cooperative also provides kits of school supplies to children of its members, as well as free computer courses to adult community members.

Focusing on environment to ensure a bright future

Besides supporting health and education, the cooperative is invested in green initiatives and sustainability, so transitioning more of its growers to become equivalency USDA Certified Organic is another important goal. With a focus on becoming carbon neutral, La Riojana Cooperative is introducing improved water management techniques, the use of solar and bio energy and a reforestation project.

When you purchase Riojana olive oil you are not just purchasing a delicious ingredient to enjoy, you are casting a vote in favor of cooperative, fair trade businesses—and helping more than 422 cooperative members continue to invest in a brighter future.



Reprinted by permission from: Co+op, stronger together

Learn about Gluten Free Foods with Registered Dietitian Bret Sarnquist at the Silver City Food Co-op's Eating Gluten Free Co-op Tour Saturday, January 14th, 11 am at 520 N. Bullard St.

The Silver City Food Co-op is collaborating with Registered Dietitian Bret Sarnquist to offer regular tours of the store to educate the community about a different health issue each month. This tour is Eating Gluten Free and will be offered on Saturday, January 14, 2017 at 11 am at the Food Co-op located at 520 N. Bullard.

Eating gluten-free has gotten easier these days, but it can still be confusing and frustrating. Whether you have been diagnosed with Celiac disease or gluten intolerance, or simply choose to eat gluten-free, there are a wide range of foods that still fit into the gluten-free diet, ranging from fruits and vegetables to breads and even prepared entrees. Come down to the Silver City Food Co-op and join Bret Sarnquist, a Registered Dietitian and former owner of a gluten-free bakery, for a tour of the foods and products that you can enjoy while still eating gluten-free.

Bret is a New Mexico-licensed Registered Dietitian specializing in sports nutrition and nutritional management of chronic diseases like diabetes, anemia, and osteoporosis. A life-long cook and food lover, Bret was a professional baker and pastry chef for seven years before returning to school at Arizona State University to get a BS in Nutrition, and then completed his dietetic internship in Flagstaff. He's an avid co-op and farmers' market shopper, and attempts, with modest success, to grow his own herbs, tomatoes, and hot peppers. If he's not at work at Gila Regional Medical Center or cooking, you're likely to see him riding his mountain bike or running out on Boston Hill or on the Continental Divide Trail.

Sampling Saturday Free Food Samples and Recipes at the Silver City Food Co-op Saturday, January 21st, 11 am to 2 pm 520 N. Bullard St.

Come by the Silver City Food Co-op to try great food and get recipes. The Silver City Food Co-op wants to share free samples of great food and show just how good organic tastes. Organic food is much more affordable than you think. Come by and taste for yourself on Saturday, January 21, 2017 from 11 am to 2 pm.

2 U From Your Board...

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

Why Co-ops Are Special

&

Are Needed Now More Than Ever

By Jennifer Johnston
Board Secretary



Last month, I pointed out some of the challenges we are facing as a Co-op and what are some options regarding meeting those challenges. This month, I want to remind you why Co-ops like ours are unique, what they offer all of us, and encourage you to find ways to bolster the health and strength of our Co-op. As you know, our emblem shows many hands linked together. I would suggest that your many hands need to shore up the sides of the Co-op right now. Find a place along one wall and push. Push with your dollars or push with your time. Like flying buttresses, help bear a little of the weight. When we all chip in, the Co-op benefits immensely and can better weather storms. If too many of us walk away or think the Co-op does not need us, the foundation crumbles a little bit, just as if a flying buttress was removed from a cathedral wall.

So, let me remind you about the many benefits of Co-op membership and ownership, as you contemplate why you re-new your membership each year and why to lend a hand. Our Co-op is special and the community needs our model of business now more than ever.

One big way you can add your touch to the Co-op is through service to the Board of Directors. It is the time of year to consider whether you will run for election. We also have space for one more board member-in-training (B.I.T.), if you would like to get a taste of board work before you jump in whole hog. Our current B.I.T. is Laurie Anderson. Thank you, Laurie for helping out! If you would like an information packet for prospective board members and election dates, please contact Jennifer Johnston by phone or email: (575)654-0052 johnstonjenny40@gmail.com, or any other board member.

There are many other ways to help the Co-op too. We will list more of these in a future article, and take suggestions from you that you leave in the suggestion box. Many hands make light work...

In contrast to other grocery stores, we provide:

- *An intimate atmosphere with personalized customer service*
- *Prioritization of local farmers, food craftsmen, and New Mexico made products*
- *Competitive product availability and prices*
- *Consideration of the ethics of companies who make our products*
- *Bulk food and products that waste less packaging or bottles*
- *Volunteerism spirit and history*
- *Key business decisions are member-driven*
- *A "hip" downtown location*
- *An all-organic café*
- *Classes on nutrition, cooking, and health*
- *For \$10 per year, YOU own the store!*
- **GOOD, HEALTHY, LOCAL STUFF FOR EVERYONE!**



BOARD SCRIBE

Co-op members, we need a scribe for our board of directors beginning in January 2017. Mary Ann Finn has faithfully served in this role for the last three years. Thank you, Mary Ann! We ask one of you to step up next, to help the board out with a few tasks each month. The role includes attending board meetings and taking minutes.

You also get minutes out to the board members and make any corrections needed. The scribe occasionally helps with annual or special meeting set-ups and note-taking. The scribe keeps a current copy of all important working documents the board is using and helps make board books for new board members, as well as keep them up to date when changes occur.

The board scribe is compensated with a \$49 gift card each month.

CONTACT: Jennifer Johnston: johnstonjenny40@gmail.com

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

Nancy Coates

Board Term: 2016-2019
coates@gilanet.com

Carmon Steven

Board Term: 2016-2017
yankiecarmon@gmail.com

Board of Directors

January 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.

January 4 - January 17



Bulk
 Organic. Raw Hulled
 Sunflower Seeds
 reg \$3.39#
SALE \$2.69#



Kevita
 Probiotic Drink
 Assorted, 15.2 oz
 reg \$3.39
SALE \$2.39



Rice Dream
 Dream Pie
 Assorted, 3.7 oz
 reg \$1.59
SALE \$1.00



barnana bites
 Assorted, 1.4 oz
 reg \$2.19
SALE \$1.50



Avalon
 Biotin B
 Shampoo & Conditioner
 14 oz
 reg \$9.59
SALE \$5.99



Nordic Naturals
 Ultimate Omega
 Lemon, 60 ct
 reg \$27.99
SALE \$21.99

January 18 - January 31



Bulk
 Organic
 Great Northern Beans
 reg \$2.69#
SALE \$2.19#



Farmhouse
 Kraut
 Garlic Dill Pickle
 reg \$7.99
SALE \$5.99



Beyond Beef
 Beef-Free Crumbles
 11 oz
 reg \$5.19
SALE \$3.50



Back to the Roots
 Flakes
 Assorted, 11 oz
 reg \$5.29
SALE \$3.39



Andalou
 Goji Peptide
 Perfecting Cream, 1.7 oz
 reg \$21.19
SALE \$14.99



Herb Pharm
 Ashwagandha
 1 oz
 reg \$13.99
SALE \$9.99

Members Only Specials January 4 - January 31



Hope
 Hummus
 Assorted, 8 oz
 reg \$4.39
SALE \$3.59



Lotus Foods
 Forbidden Rice
 15 oz
 reg \$5.29
SALE \$4.29



Spindrift
 Seltzers
 Assorted, 12 oz
 reg \$1.19
SALE \$.99



Lotus Foods
 Rice Bowls
 Assorted, 7.4 oz
 reg \$3.29
SALE \$2.69



High Country
 Kombucha
 Assorted, 16 oz
 reg \$3.39
SALE \$2.79



Nordic Naturals
 Omega One
 Lemon, 30 ct
 reg \$19.99
SALE \$15.99