

Silver City Food Co-op Garbanzo Gazette

MAD!

Volume 21

✦ Your Monthly Newsletter ✦ September 2021

Co-op Hours:

**Mon. - Sat.
9 am - 7 pm**

**Sunday
11 am - 5 pm**

**575•388•2343
520 N. Bullard St.**

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**YOU
ARE
WHAT
YOU
EAT**

As the Co-op Turns ... Over

by *Kevin Waters*
General Manager

Recently I received concerned inquiries about the topic of employee turnover, from some long time Co-op members. This was based on an unsolicited e mail they received that cited employee turnover as a potential crisis for our Co-op. To shed light on these unfounded concerns, I am sharing a portion of the B-6 policy report submitted to the board of directors earlier this year. The information indicates a turnover figure that was well below the national retail average for 2020:

Staff turnover: In 2020, 14 employees separated employment from the Co-op. 11 were voluntary separations. 1 was an involuntary separation. 2 were terminations processed for job abandonment.

Voluntary separation reasons:

Relocation (3)

Temporary employees hired for limited period (2)

Secured different employment (3)

Other/No reason given (3)

Involuntary separation reasons: Cause (1)(Cause upheld by unemployment tribunal judge.

Termination processed for job abandonment (2)

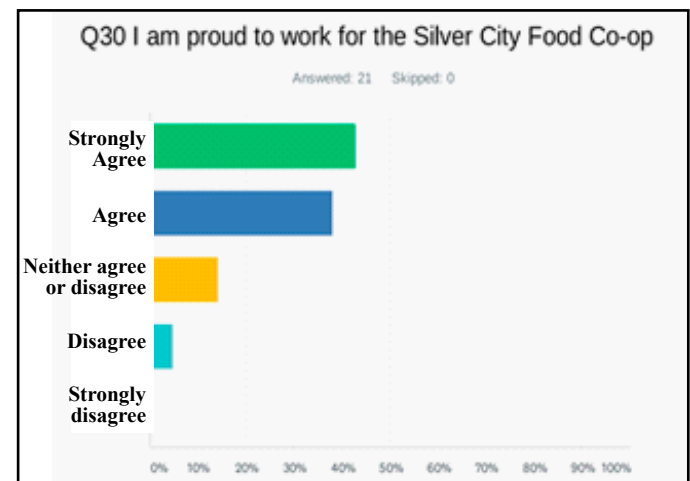
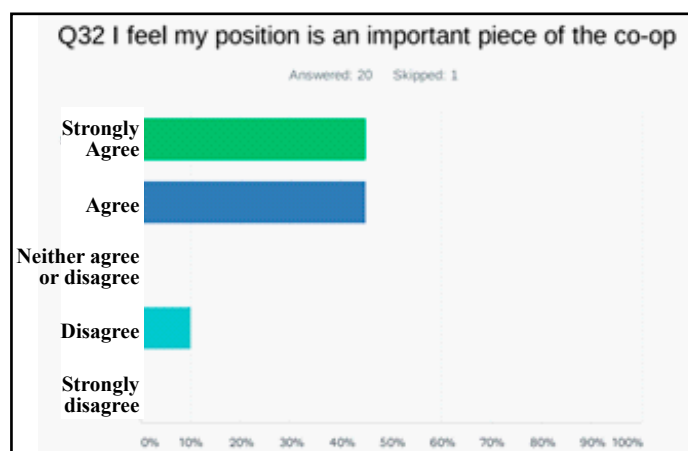
This equates to a 40% turnover rate for the Co-op in 2020.

According to the National Retail Federation, turnover rate for retail employees was 60% in 2020, as employers and employees navigated the unprecedented conditions of the pandemic.

Independent Grocers Financial Survey 2017 - Retail Turnover Rate 48.9%

FMI Retail Food Industry Speaks Survey - 2019 National Turnover Rate 40%

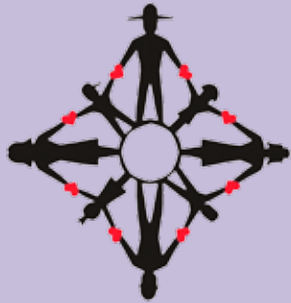
An employee survey completed in May also shed light on employee engagement and job satisfaction. Here are the results of a couple of employee survey questions indicating:



1810 member/owners strong and counting ...

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop
575.388.2343

Store Hours
Mon-Sat 9am-7pm
Sunday 11am-5pm

Vision Statement

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

Seven Cooperative Principles

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

Kevin Waters
General Manager

The Garbanzo Gazette

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Take Good Care of Yourself: Maintaining a Healthy Immune System

by Mike Madigan

Could you use a boost? Maintaining a healthy immune system takes many forms.

Maintaining a healthy immune system is a good first defense in protecting against disease. This maintenance begins with our lifestyle choices. Number one priorities for a healthy immune system lifestyle begin with not smoking and being moderate with your alcohol intake. Eating healthy, nutritious, whole foods, exercising regularly, getting plenty of sleep, and managing our stress levels are the most important efforts we can make to maintain a healthy immune system. Attending to these ideals can at times seem a Herculean effort. My friend Joe says it best...that we should strive for the endless pursuit of perfection. It's not a goal we achieve, but one we consistently move toward.

Our immune systems can also be bolstered by a number of different vitamins, herbs, and minerals. Many of these come to us naturally through the consumption of nutritious foods, but they can also be intentionally added to our diets for an extra boost of immune support. The following is a list of some known herbs, vitamins, and minerals that have been used to maintain a healthy immune system, and is by no means a complete list. As with anything, moderation is the key. We all have our own unique physical systems. As always, your health care provider should be consulted before beginning any supplementation program to make sure that any of these options is right for you. Supplemental vitamins, herbs, and minerals may not be appropriate for you if you have certain medical conditions, or if you're taking certain medications, so seek professional medical advice as a first step before you begin.

Vitamin D

Vitamin D is fat-soluble and enhances our white blood cells abilities to fight pathogens. It also decreases inflammation which helps promote immune response. Being deficient in Vitamin D may have a negative effect on our immune systems and, in some studies, is attributed to increased susceptibility to respiratory tract infections. Regular exposure to sunlight is the most usual way to take in Vitamin D. Foods that contain Vitamin D are salmon, mackerel, tuna, and sardines. Other foods, such as milk, orange juice, and cereal are often fortified with extra Vitamin D, as well. Vitamin D is also available in the supplements aisle.

Vitamin C

Vitamin C is vital for a healthy immune system and is known for supporting the function of many of the body's immune cells and enhancing their ability to fight infection. Vitamin C is an antioxidant and protects against damage caused by free radicals. This damage can have a negative effect on our immune systems. Supplementing with Vitamin C has been shown to decrease the severity and longevity of some upper respiratory infections. Vitamin C is most well known for its presence in citrus fruits, but can also be found in spinach, kale, bell peppers, brussels sprouts, strawberries, and papaya. It is available in the supplements aisle, as well.

Zinc

Zinc is a mineral that is essential for immune system function, and deficiency in this mineral can result in an increased risk of infection. Zinc supplementation is also thought to be beneficial to those who are already sick, reducing the duration of infections. Meat, shellfish, nuts, seeds, and legumes are all good sources of zinc, and it is commonly available in lozenges and tablets in our supplements department, as well.

Elderberry

In some studies, black elderberry extract has been shown to have potent antiviral and antibacterial properties, and has been shown to reduce upper respiratory symptoms resulting from viral infection. It has also been shown to reduce the symptoms of influenza. Some studies suggest that there is risk associated with consumption of elderberry due to it causing increased production of substances that may damage healthy cells. Seek qualified medical guidance.

This is only a short list of immune system boosters. Do your research and seek medical advice first. Herbal medicine traditions have been passed down from generation to generation, representing thousands of years of experimentation and deep knowledge. As stated above, the number one component to insuring a healthy immune system is maintaining a healthy lifestyle. It can not be stressed enough that your lifestyle choices matter and will have a much greater impact on your overall health than supplementing alone. Take good care of yourself. Don't forget to wash your hands. Be well.

Kitchen Meditations

Blackberry Oat Crisp

Ingredients:

1 teaspoon coconut oil
4 cups fresh blackberries frozen are ok;
can substitute other types of berries
1/4 cup sugar
1/3 cup flour
1/2 cup rolled oats
2 tablespoons brown sugar
1/4 cup butter softened
1/4 teaspoon cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon ground ginger
1/2 teaspoon freshly grated lemon peel

Instructions:

- Preheat the oven to 350 degrees F. Grease an 8x8 baking dish with coconut oil.
 - Add the berries to a medium mixing bowl and sprinkle them with sugar. Gently fold to coat the berries and let them sit in the sugar while you prepare the oat mixture.
 - In another medium mixing bowl, combine the flour, oats, brown sugar, butter, cinnamon, nutmeg, ginger and lemon peel. The mixture will be crumbly.
- Pour the berries into the prepared dish, scraping any additional sugar on top of the mixture. Spread the oat mixture evenly on top of the berries then bake the crisp for 35-40 minutes until lightly browned and the berries are bubbling and soft. Set the crisp on a cooling rack and serve warm.



Sautéed Dandelion Greens with Eggs

Paired with a crusty loaf of bread, these sautéed dandelion greens with leeks, eggs and feta cheese highlight an often under-appreciated leafy green. To help reduce bitterness, the greens are quickly blanched in salted boiling water. Younger dandelion plants will be tender and more delicate in flavor, so you might be able to skip the blanching.

Ingredients:

4 cups chopped dandelion greens (1-2 bunches),
thick stems removed and discarded
2 tablespoons unsalted butter or ghee
1 large leek, white and light green parts only
(sliced lengthwise and finely chopped)
4 large eggs
1/4 cup crumbled feta cheese

Instructions:

Blanch the dandelion greens: Bring a large pot of salted water to a boil. Add the chopped greens and blanch for 1-2 minutes. Drain the greens thoroughly, using a wooden spoon to drain and press out as much liquid as possible.

Melt the butter or ghee in a 10-inch skillet or cast iron pan set over medium heat. Sauté the leeks until tender, about 5 minutes, stirring occasionally. Add the drained dandelion greens one handful at a time. Cook each handful until wilted, then add more.

When all greens are wilted, use a spoon to create shallow nests in the greens and crack the eggs into each one. Top with feta cheese and cook, covered, until eggs are set to your liking, about 5 minutes. Serve immediately with your favorite bread or toast.

The Frugal Co-op Chef Cucumber Salad

Ingredients:

2 plum tomatoes, seeds removed and diced
1 bell pepper, diced
1/2 cucumber, diced
Juice of one lemon
1/4 cup chopped parsley
2-3 Tbsp olive oil
Salt and pepper to taste

Directions:

Add all vegetables to a large bowl.
Toss with parsley, lemon juice, olive oil
and salt and pepper.

Bulk Herb News Genmaicha Tea

Genmaicha is a Japanese brown rice green tea consisting of green tea mixed with roasted popped brown rice. It is sometimes referred to as "popcorn tea" because a few grains of the rice pop during the roasting process and resemble popcorn. In times past, the rice was also known as "the people's tea" as the rice served as a filler and reduced the price of the tea, making it more available for poorer Japanese. Today all segments of society drink genmaicha. It was also used by people fasting for religious purposes or who found themselves to be between meals for long periods of time.

The sugar and starch from the rice cause the tea to have a warm, full, nutty flavor. It is a calming drink with a light yellow hue. Genmaicha's flavor is mild and combines the fresh grassy flavor of green tea with the aroma of the roasted rice.

Jake's September Produce Picks



Cucumber Trivia

Whether you're eating them as pickles, atop a salad, or just on their own, cucumbers are delicious, versatile and nutritious. Composed of 96% water, they are still a great source of B vitamins, vitamin C, calcium, magnesium, and potassium. Try out a few of the household hints included in the list below. They might just work for you.

1. Cucumbers were first grown domestically in ancient India around the 3rd millennium B.C.
2. The phrase "cool as a cucumber" originated because cucumbers can be 20 degrees different between the inside and the outside temperature.
3. Cucumbers are members of the Cucurbitaceae family, which also includes muskmelons, watermelons, pumpkins, and gourds.
4. Botanically speaking, cucumbers are a fruit, like tomatoes, but they are used as a vegetable.
5. The plants are monoecious, which means they produce both female and male flowers.
6. Sliced or pureed cucumbers can give an almost instant relief to sunburned skin.
7. Because cucumbers are 96% water, they do not contain as many nutrients as drier vegetables.
8. Bees are essential for the pollination of cucumbers.
9. Are grubs and slugs ruining your planting beds? Place a few slices in a small aluminum pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them leave the area.
10. Need to fix a squeaky hinge? Rub a cucumber slice along the hinge and the squeak is gone!
11. Looking for a green way to clean your faucets, sinks or stainless steel? Rub a slice of cucumber on the surface you want to clean. It will remove years of tarnish and bring back the shine, without leaving streaks or harming your skin.



Blackberries A Short History

It's hard to trace the exact origin of blackberries since they are found aplenty worldwide, but it is likely they first grew in Asia, North or South America, or in Europe. They cut a wide swath! The formal name of the blackberry is *Rubus fruticosus*, and there are more than 40 species. They were cultivated only as recently as the 1800s in the western hemisphere. Of course, they have always been eaten, but the berries and other parts of the plant have been useful for millennia as medicinal remedies for a number of ailments. They were even believed by some to protect against spells and curses if gathered during a certain phase of the moon.

Blackberry fruits were widely used by various Native American tribes. The fruit was sometimes juiced and drunk; the berries were eaten fresh, and were also dried and stored for use in colder weather. Various native recipes for blackberries include mixing them with animal fat, with fish eggs, or preserved in grease. The preserved, high-energy berries provided natural sugars and vitamins during winter months.



Becky's September Dairy Pick

Champignon Triple Cream Soft Ripened Cheese w/ Mushrooms

If you love mushrooms you will enjoy Champignon Mushrooms, a triple-cream, soft-ripened cheese with just that: mushrooms! Made by Kaserei Champignon in Lauben, Germany. It derives its mild flavor from carefully selected mushrooms that give it a one-of-a-kind quality. Some say it's like the tastiest cream of mushroom soup in cheese form! The champignon, or white button mushroom is the most popular cultivated mushroom and, owing to its delicate taste and firm texture, is a favorite for gravies, sauces, cream soups, stir-fries, pasta or rice dishes and casseroles. With a fresh aroma and lavish texture, perhaps the best way to enjoy this cow's milk cheese is simply with a crusty bread or crackers and your favorite white or red wine or a Belgian ale.

September 1 - September 28 • Members Only • 20 % OFF • In the front dairy cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their July service.

Sue Ann Childers • Jane Papin
Tammy Pittman • Tim Garner



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MAD four times a year!
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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

GMCR



Gila Mimbres Community Radio will use Round Up funds to maintain and replace technical equipment to continue to offer radio platform for other local non-profits and community organizations, students, and other under-served members of our community to share and communicate their work, ideas, thoughts and perspectives to improve the quality of life in Grant County and beyond.

July Round Up \$1193.00

Expanding Your Horizons



Expanding Your Horizons is a program encouraging girls in grades 5-8 to pursue education and careers in STEM (Science, Technology, Engineering and Mathematics). For 2021, given that the event could not be held in-person, we assembled 200 boxes with STEM activities that were delivered to schools for girls to take home. The next annual conference is scheduled for February 26, 2022, back on the WNMU campus, with hundreds of girls from the region attending for free and participating in hands-on workshops led by role-model women in STEM careers. The donations received through Round Up will be focused on the cost of food, t-shirts and workshop materials to help keep the conference fee-free for participants. Many thanks to all who donated through the Round Up program, and special thanks to the Silver City Food Co-op for the opportunity to participate!

Round Up for October

Single Socks

Single Socks is dedicated to fighting hunger in Grant County and will distribute all funds to anti-hunger organizations in our community.



Round Up Applications

Customer Change for Community Change!

It's almost time for Round Up submissions! If you are a community non-profit seeking a financial boost, you may want to apply for our 2022 Round Up program. At the end of every transaction at the Silver City Food Co-op, our customers can donate their change to a local organization. It's an opportunity for individuals to support the good work that you are doing in our community. From October 1-31, a simple application will be available online at www.silvercityfoodcoop.coop.



Update: Recycling at the Co-op - Shredded Paper Anyone?

The Co-op continues to be a role model for our community's recycling efforts.

- They recycle their glass, plastic, aluminum and steel cans through the local private company Trash2Treasure.
- Cardboard is picked up by the city Solid Waste Department and recycled.
- Vegetable roughage from the Co-op kitchen and Produce Department is available to local farmers and gardeners on a first come basis.
- Egg cartons are available to those who raise poultry or have an art project!
- We continue to need an outlet for shredded paper. Is there a gardener or entrepreneur who could use shredded paper for their garden or work project?

Please contact Judith Kenney at: 575-388-2343 or judith@silvercityfoodcoop.coop



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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!

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



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REOPENING!

for IN-PERSON CLASSES
SEPTEMBER 7!
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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

Dietary Fiber



by *Monica Rude*

Dietary fiber has been credited with a host of health benefits, including the potential to reduce the risk of coronary heart disease, stroke, hypertension, diabetes, obesity and certain gastrointestinal disorders, ie, irritable bowel syndrome. Adequate intakes of dietary fiber may improve blood lipid profiles, reduce blood pressure, improve glycemic control, improve laxation, promote weight loss and improve immune function. Fiber helps remove toxins secreted by the liver in bile acids which otherwise can be re-absorbed in the colon and are a co-factor of cancer.

Fiber passes through the stomach and small intestine intact, not affected by the usual digestive enzymes, into the large intestine where it is digested (fermented) by microbes. Dietary fiber, AKA "roughage", can be of two types: soluble fiber and insoluble fiber, which are components of plant foods, such as legumes, whole grains and cereals, vegetables, fruits, nuts and seeds.

Soluble fiber (fermentable fiber or prebiotic fiber) – which dissolves in water – is fermented in the colon by gut bacteria into gases and short-chain fatty acids (SCFA). These SCFA—*butyric, acetic, propionic, and valeric acids*, are involved in numerous physiological processes, including:

- stabilization blood glucose levels by acting on pancreatic insulin release and liver control of glycogen breakdown, resulting in prevention of insulin resistance and treatment of hyper- and hypoglycemia.
- stimulation of gene expression of glucose transporters in the intestinal mucosa, regulating glucose absorption.
- provision of nourishment for colonocytes, particularly by the SCFA *butyrate*, and decrease the risk of colon cancer.
- suppression of cholesterol synthesis by the liver and reduced blood levels of LDL cholesterol and triglycerides responsible for atherosclerosis.
- increasing the acidity level in the colon which protects the mucosal lining from formation of colonic polyps and increases absorption of dietary minerals.
 - stimulation of production of T helper cells, antibodies, leukocytes, cytokines, and lymph mechanisms having crucial roles in immune protection and regulation of the intestinal immune system.

Soluble fiber is abundant in Brussels sprouts, flax seeds, asparagus, oats, barley, mushrooms, and raw guar gum. Psyllium, a soluble, viscous, nonfermented fiber, is a bulking fiber that retains water as it moves through the digestive system, easing defecation and delaying gastric emptying which can result in a feeling of fullness.

Insoluble fiber, which does not dissolve in water, is inert to digestive enzymes in the upper gastrointestinal tract. Wheat bran is an insoluble fiber that adds bulk and controls

consistency to stools in the GI tract and the pace at which it passes through, helping with constipation. Good sources: celery and cabbage.

To be certain you get a sufficient quantity and variety of fiber each day, include fiber sources in every meal and eat 30-40 different plants per week to get 40 gm fiber daily.

It has been suggested that imbalance in the gut microbiota caused by the depletion of the fiber-utilizing bacteria may play a crucial role in the development of chronic disorders due to COVID-19 infection..

Probiotics, microbial food supplements that improve intestinal microbial balance, have been used to change the composition of colonic microbiota. However, such changes may be temporary. In contrast, prebiotics are a type of fiber that selectively stimulates the growth of one or more bacterial species already resident in the colon, especially *lactobacilli* and *bifidobacteria*. Basically, probiotics are living microbes, prebiotics are their food. Prebiotics discourage the growth of several pathogenic bacteria, including *Clostridia*, *Salmonella listeria* and *Campylobacter*, prevent constipation and diarrhea and lower ammonia levels for those with liver disease.

Supplementing with pre- and probiotics can be helpful during chemotherapy or after a course of antibiotics; note that gas or cramping can occur for the first three or four days due to the demise of bad bacteria. Our microbiota are most active at night, so take your supplements before bed. Cooking foods reduces prebiotic content by 25-75%, so consuming these foods raw is optimal. Top foods for the microbiome include leeks, Jerusalem artichokes, fermented and cultured foods (not pasteurized), asparagus, radishes, umeboshi plum vinegar and black raspberries. Eat sprouts, they are loaded with health-promoting microbes. Minimize refined carbohydrates – they have had their fiber, vitamins and minerals removed, resulting in empty calories. Avoid genetically modified foods and animals treated with antibiotics. Red meat, poultry, fish, eggs, and cheese contain NO fiber.



Monica Rude grows herbs for the Desert Woman Botanicals product line and the for the gophers, grasshoppers, nematodes & pollinators.



Prebiotics Nourish Your Gut

by Judith Kenney

As a supplement to Monica's excellent article about fiber, we are featuring some foods that support the optimal functioning of our gut microbiome. The good bacteria living within you are called commensals. They eat what we eat. Keeping gut bacteria healthy will help keep you healthy, and one of the best ways to do that is to add foods rich in prebiotic fiber to your daily menu. Some studies suggest that prebiotics may also help with the absorption of calcium, which is critical to bone health.

It's good to know that we can support our health in such a deliciously satisfying way.

Our list is just a sampling of the many prebiotic foods worth trying out.

Jerusalem Artichokes



Also known as the "earth apple," this prebiotic food is a delicious tuber and not related to globe artichoke; rather, it is a species of sunflower. Jerusalem artichokes are rich in potassium, thiamine and fiber. They can improve the health of your gut and nervous system.

Dandelion Greens

Dandelion greens are a member of one of the largest plant families, alongside daisies, sunflowers and thistles. The health benefits of this plant have been documented as far back as the 10th century. They are loaded with vitamins and minerals, but perhaps, most importantly, they are a very rich source of prebiotic fiber. There are a variety of ways to easily prepare dandelion greens. Because it is considered a bitter green, it pairs beautifully with olive oil and garlic.



Asparagus

You'll get plenty of prebiotics from this vegetable. It can also help calm inflammation and is quite rich in antioxidants, which have been linked to many health benefits. Because there is more inulin in raw rather than cooked foods, you could try shaving some thin over a salad or lightly stir-fried with a little garlic and lemon juice. If eating it raw isn't your thing, you'll still be getting plenty of gut-friendly benefits from a healthy serving of quickly steamed asparagus finished with a drizzle of lemon juice.



Leeks



Leeks come from the same family as onions and garlic and they offer similar benefits. They are low in calories, but high in vitamins and minerals. Thanks to their inulin* content, leeks promote healthy gut bacteria and break down fat. They contain a high amount of vitamin K, which promotes blood clotting. Leeks can be added, raw or roasted to salads or enjoyed in soups and stews.

*Inulin is a type of prebiotic found in a wide variety of plant foods.

Radishes



Radishes contain compounds called arabinogalactans, which good bacteria in the intestinal tract thrive on. All types of radishes are fibrous and good for the gut. They are a wonderful snack food—filling, nutritious and nourishing. Like all root vegetables, they are a helpful prebiotic food. Try slicing them into salads. You can even make a salsa with radishes.

Microgreens

Microgreens aren't just an attractive decoration for your plate. They also come with a fantastic nutrient profile. Rich in fiber, vitamins, minerals, phytochemicals, and prebiotics, they have about five times more nutrients than mature leaves. They are simply younger, tinier versions of the larger greens like red cabbage, arugula, broccoli, kale, radish and more. You can eat microgreens with any dish! Add them to smoothies, salads, sandwiches, ramen, just about anything.



COOP BULK DEPT

Staff Favorites from the World of Bulk

by Vynce Bourné

Hello Gazette readers!

It occurred to me that even after many months of being at the helm of the bulk department I never stopped to ask those closest to it, particularly the staff, what their favorite bulk products are.

So one day I decided to take my pen, paper, and curiosity around the co-op to ask and record the answers. I was pleased to learn how diverse the preferences are here!

I also thought it would be fun to share with you some of these staff favorites and for you all to learn where our taste-bud allegiances lie.

Maybe it'll spark some curiosity within yourself to try something new. Who knows? It could end up being your new favorite as well!

Marguerite

Sliced Almonds & Roasted Honey Cashews. Energy Chunks for Bike Rides (Tierra Farm & Chunks of Energy)

Marguerite really enjoys going on long bike rides on her days off. The Chunks of Energy bites have become a very convenient snack to take along with her. They come in many different flavors like; Cacao Goji, Carob & Greens, Coconut Fig, and Peanut Chocolate Chip. Which will be your favorite?

Carolyn

Bulk Herbs & Spices (Frontier)

There's no doubt that our bulk herbs section is quite the gem in this town of ours. We manage to offer over 120 different herbs and spices at any quantity you desire. We feel fortunate to be able to utilize such a small space in such a big way for everyone!

Kim

Chocolate Almonds (Tierra Farm.) White Basmati Rice (Lundberg)

White Basmati Rice is recognized as a whole grain and contains about three times more fiber and significantly more protein than basic white rice.

Eva

Roasted Curry Cashews (Tierra Farm)

While exceptional as a snack, the Curry Cashew will raise the level of any cuisine, including chicken and vegetable stir-fries.

Judith

Dried Turkish Apricots (Tierra Farm) Golden Flax (Hummingbird) Short Grain Brown Rice (Lundberg)

Our short grain brown rice is a staple food for Judith and the community alike. Last year the co-op sold well over 3,000 lbs of it! Judith prefers the golden flax over the brown flax because it tends to grind down to a better consistency but whether you choose brown or gold, rest assured that Flaxseeds are nutrient-rich and contain a variety of vitamins and minerals, antioxidants and lignans.

Kate

Raw Cashews & Thai Spiced Cashews (Tierra Farm)

Did you know that one ounce of "Raw" Cashews provides a wide range of nutrients such as; Magnesium, Zinc, Iron, Selenium, and Vitamin K & B6? They're also known to improve heart health!

Jess

Roasted Salted Pistachios (Tierra Farm)

"Why do you like these Pistachios, Jess?" - Vynce
"Because.. They're good." - Jess

Judy

Sriracha Honey Cashews (Tierra Farm)

Mild hints of heat softened by sweet notes of honey - all Certified Organic. When this product first arrived we gave nearly the entire staff samples and not a single one of us (well, besides Jess of course) disliked it. They're a perfect blend of sweet and spicy!

Misha

Ancient Grains (Back Roads)

After cutting back on her sugar intake, Misha found something special in the Unsweetened Ancient Grains Granola. The combination of Gluten Free Rolled Oats, Coconut Chips, Cashews, Pumpkin Seeds, Almonds, Sunflower Seeds, Vanilla, High Oleic Sunflower Oil, Puffed Millet, Chia Seeds, and Puffed Quinoa has made this her new favorite!

Jake

Roast Salted Cashews (Tierra Farm)

Jake refers to these cashews as "The Cadillac of Nuts".

Marchelle

Extra Virgin Olive Oil (Hummingbird) & Mind, Body, Soul Roast (Equal Exchange)

Marchelle likes this Olive Oil better than the rest. She believes that the taste and quality are incomparable! Her other favorite bulk item is the Mind, Body, Soul Roast by Equal Exchange. It is a smooth, creamy and balanced blend that has hints of almond, malt and dark chocolate.

GRAB'N'GO

Parsley Sage Rosemary and Thyme, Cumin Coriander Ginger and Smoked Paprika . . .

by Carolyn Smith

As the world shrinks and cultures mix and mingle across the planet, we learn to love the flavors of food from around the world. It's often the use of herbs and spices that distinguishes one cuisine from another. Herb and spice blends have become ever more popular, as more people venture into the kitchen to play with food and try to relive and share these new flavor experiences with family and friends.

In the Grab 'n' Go kitchen, we use individual spices and fresh and dried herbs: cumin in our burritos, cilantro and parsley in falafels, basil and cilantro in our roll in a bowl, oregano in Greek Potato Salad as well as spice blends such as the Italian seasoning for our gluten-free vegetable lasagna. We also put together our own herb and spice blends: Cajun for our Cajun Pecan tempeh salad and Mexican for chili enchiladas. It can be fun to experiment and create your own blends, just let your nose and taste buds lead the way.

All the dried herbs and spices we use come from Frontier Herbs and can be found in the Co-op bulk Herb department, located just around the corner from the coffee bean grinder.

If you haven't visited our Bulk Herb department lately we have two new blends: Mama Garlic Blend and Herby Blend. Other herb and spice blends include three Mexican spice blends: Fajita Seasoning, Taco Seasoning and Chile Fiesta, three Indian Curry spice blends, and a Mulling Spice Blend for hot apple cider. All the bulk herbs and spices are so fresh and aromatic and you can buy as little or as much as you want.

Here's our recipe for a Cajun Spice Blend:

- 2 Tbsp of garlic powder
- 2 Tbsp Italian Seasoning
- 2Tbsp paprika
- 2 Tbsp salt
- 1 Tbsp pepper
- 1 Tbsp cayenne pepper
- 1 Tbsp thyme
- 1 Tbsp onion powder



Who would know our products better than the Co-op staff? Every couple of months we invite one or two of our employees to select an item that they really like. It's an opportunity to share a little bit about the people who work here and to talk about some of the outstanding products that we carry.

Meet Isabella!



You've seen Isabella at the registers and stocking on the floor, but you'll also find her swimming at a local pool and enjoying long drives to anywhere. In response to our customary question, "Can you share a surprising fact about yourself," Isabella came up with a fascinating response. "The amount of song lyrics in my brain is ridiculous. I know, if not all, at least some lyrics to every song I've ever heard by the time it's over!" Remarkable! That girl must have a great auditory cortex!"

Staying hydrated in the warm weather is a must, even as the summer begins to step aside for a new season. What more delicious way to add to your daily quota of fluids than by drinking Santa Cruz Organic Strawberry Lemonade? It's Isabella's current favorite and a top choice amongst our customers, as well. Santa Cruz Organic brand's roots go back to the early 1970's when founder, John Battendieri, began revitalizing orchards in the Santa Cruz Mountains of California, an area known for its top quality fruit. He pressed his first batch of "Mr. Natural" apple juice in 1972, making it one of the first packaged organic products. Since then, Santa Cruz has been a leader in efforts to conserve water resources build soil integrity and support a healthier ecosystem by helping growers make the decision to choose organic practices for their fields and orchards.



13 Fun Facts about Camels

- There are two types of camels: One-humped dromedary camels and two-humped Bactrian camels.
- Camels have three sets of eyelids and two rows of eyelashes to keep sand out of their eyes.
- Camels have lips that are specially adapted to allow them to forage for thorny plants that other mammals can't eat.
- Camels can completely shut their nostrils during sandstorms.
- Thanks to thick pads of skin on their chests and knees, camels can comfortably sit in very hot sand.
- Their humps let them store up to 80 pounds of fat which they can live off for weeks or months!
- When a camel finally does find water, they can drink up to 40 gallons at a time.
- Camels are very strong and can carry up to 900 pounds for 25 miles a day.



- They're as fast as a racehorse, being able to travel up to 40 miles per hour!
- Don't make a camel angry. They will spit as a way to distract whoever they may see as a threat.
- Some camel calves are born completely white and turn brown as their adult coat comes in.

Conservation Status:

The Bactrian camel is listed as Critically Endangered on the INCU (International Union for Conservation of Nature) Red List of Threatened Species. The Wild Camel Protection Foundation was established in 1997, with the sole aim of protecting wild Bactrian camels and their home in the fragile and unique desert ecosystems in the Gobi and Gashun Gobi deserts of northwest China and southwest Mongolia.



Fall Afternoon Navarre, Ohio

A smile
drifts
through
the trees

out
over
a gully

across
the broken
red
stripmine

end
over end
in the breeze

and
come to
rest

in the white
tub
of
an
abandoned
washing
machine



a poem and a drawing by Rick Stansberger

Grocery Department

NEWS

Noodles, Cookies, and Hops!

Hoplark Hop Tea

In the mood for a really refreshing alternative to just about any beverage? The Co-op now carries **Hoplark Sparkling Hop Teas**, from a brewery that doesn't make beer! Friends Andrew Markley and Dean Eberhardt founded Hoplark in Boulder, Colorado and invented a new beverage category: Tea brewed like craft beer but with zero sugar and calories and no alcohol. Made with loose-leaf black tea, chamomile, white or green, the teas have names like The Really Hoppy One, The Calm One, and The Green Tea One. Each bears a deep-to-light hopped fragrance and flavor and a craft beer's slight, pleasant bitterness. It may seem like a slightly weird concept but it works! We have five flavors for you to choose from.

The Really Hoppy One

If you enjoy fresh, hoppy IPAs, you will love the intense hop flavor and aroma and just the right amount of bitterness; brewed with organic black tea.

The White One

Simple, light, refreshing, with a burst of clean delicious flavor.

The Calm One

Made with organic chamomile flowers, it's a perfectly healthy, caffeine-free way to relax after a long day.

The Green One

Smell that fruity, floral goodness? That's hops, perfectly complimenting the bright flavor of organic Imperial Green tea.

The Citra Bomb One

Starts with an organic loose-leaf white tea base and, then, double dry-hopped for an explosion of hop flavor and aromas.



Grocery buyer Doug says, "Hops brewed in black, green, white or chamomile teas and that's it; zero sugar, big hops flavor, without the alcohol. Seriously, this is my new favorite thing!"

Siete Mexican Wedding Cookies

Traditional flavor and gluten-free!

Siete Family Foods was born out of necessity when Veronica Garza, co-founder and company president, was diagnosed as a teenager with multiple autoimmune conditions. With her family's love and support she recovered, adopting a low-inflammation, grain-free diet as part of her healing journey. Going grain-free doesn't have to feel like a life sentence of flavorless, uninteresting foods. In fact, it can be a delicious journey toward better health. If you've chosen this path, you may enjoy **Siete Mexican Wedding Cookies** as a great addition to the dessert table. Made

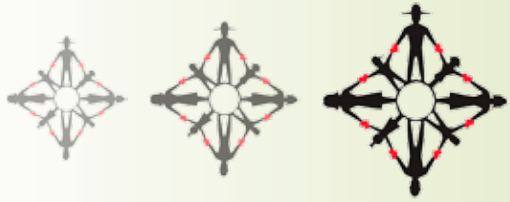


from a blend of almond flour, pecans, powdered sugar and cinnamon, everyone will find these to be a fine mid-afternoon snack or a little sweet taste at the end of your meal. Sounds pretty dreamy, right?

Lotus Rice Noodles - Organic!

For all you gluten-free folks out there, we now carry **Lotus Foods Rice Noodles**. And, you know what? You'll love these even if you eat foods that contain gluten, because they are just plain good! These versatile noodles are fast cooking and flavorful, just right for any style of cooking from classic stir-fries, soups, salads and spring rolls to all other pasta favorites. Lotus Foods is an ethics-based company dedicated to fostering sustainable farming practices in this world and to bringing you the highest quality heirloom organic rice, rice noodles and rice snacks. Lotus has won many awards and met and positively impacted many people, all while promoting organic agriculture, rice biodiversity and supporting producers.





From Your Board . . .

Board Elections • December 1st Applications due by October 15th

One thing is certain, change is always ahead. The Co-op has certainly undergone some major changes in the last two years: A new manager, the very extensive wake of a pandemic and all the system changes that have come with it, movement towards a new building, and now, a new schedule for our board elections. Historically, board elections have been in the spring. This year, we decided to try something new and have elections at the end of the year between Thanksgiving and Christmas. We are looking forward to giving new board members ample time to settle in and get acquainted with Board work, by starting them at the beginning of the year.

With this new election schedule, now is the time to tell you all about why Board membership is important and encourage those of you with time, skills, and passion for our Co-op to consider becoming a part of our Board of Directors. Our board is an expression of the Co-op's democratic process with seven to nine member directors who, through a Policy Governance model, create policy for the Co-op, collectively participate in decision making for the Co-op, and provide management and guidance for the General Manager of the Co-op. There is a lot of diverse work involved in a well-functioning board, so the more diversity and enthusiasm on our Board, the more holistically we will provide direction and guidance for the Co-op. Help us in our Co-op's important role of providing healthy and fair food to our community. If you find yourself interested, reach out to any of the board members with questions regarding what is involved and what is needed.

Each board member is expected to participate in two of the five board committees. A large percentage of board work is done through the organization and parameters of the committees. They include: the Finance Committee, Member Connect Committee (MC), Election Committee, and the Board and Management Evaluation (BME) Committee. The Finance Committee provides guidance and recommendations to the full board concerning fiscal decisions. The MC Committee acts as a conduit for

information from member-owners to the board and to operations and assists communication from the board to member-owners. The Elections Committee facilitates the recruitment and election of Board Members. The BME Committee's purpose is to develop and implement appropriate evaluation tools for annual board and general manager evaluation.

The Pope Steet building transition is finally ready to kick into full gear, and we'll want to keep our focus during this exciting year to come! Right now, the board is working directly with our manager, Kevin Waters, to transition the Silver City Food Co-op to our new building on Pope Steet. If you have skills that can help this project succeed, we need your service now. The board is seeking members who have experience with finance, business, buildings, or projects, to support an easeful and efficient move. A knowledge of public relations, events coordination, advertising or technology would be most welcome. We are a consensus driven board and treasure members who want to build consensus within the board, the membership, and the community. We use the policy governance model to make sure we can fairly, efficiently, and diligently do our primary duty of oversight. Most of all we hope to find compatible board members who also enjoy the satisfaction of a job well done!

If you or anyone you know has experience with any of these areas, your expertise will be of great service during this crucial new transition; please consider volunteering as a Board Member during this evolutionary moment!

The election will be December 1, 2021, and we'll need board applications by October 15, 2021.

If board work calls to you, we strongly encourage you to consider time as a Board Member in Training. You'll attend board meetings for three months, with mentorship from current members, to learn the ropes and see if it is the right fit. Reach out to Julianna Albershardt at juliannaftynn8@gmail.com for details.





*Shanti Ceane
President*



*Julianna Flynn
Secretary*



*Scott Zager
Treasurer*



*Kristin Lundgren
Member*



*Tuan Tran
Member*



*Gwen Lacy
Vice President*



*Susan Golightly
Member*

Round Up Applications Being Accepted October 1 - October 31

It's time to start thinking about the 2022 Round Up Program! In case you don't know, the co-op selects a different organization for each month to receive donations from customers who choose to "Round Up" their change and give it back to our community. We'll be accepting applications for the month of October for next year's Round Up organizations. So, here is the first call out this year! Grant County non-profits, get ready to fill out our quick online application next month and be considered to receive these community donations.

Check the front page of our website
www.silvercityfoodcoop.coop
for more information

Recruiting Board Members in Training

THREE MONTH TERM: If you would like a little taste of board work before buying the whole hog, becoming a B.I.T. is probably a good idea.

DESCRIPTION: Commit to attend 3 consecutive board meetings. (They are held the fourth Wednesday of every month at the Pope Street building, from 5:30 to 7:30 pm).

CONTACT: Julianna Flynn
board.scfc@gmail.com
Recruitment, Orientation, and Development Chair
Or, any board member

WE LOOK FORWARD TO HEARING FROM YOU!

Board Meeting Schedule

September Change Only:

The SCFC Board of Directors will meet the fifth Wednesday, September 29th, at 907 Pope Street. 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.

Shanti Ceane/President
Board Term: 2018-2021

Julianna Flynn/Secretary
Board Term: 2019-2022

Scott Zager/Treasurer
Board Term: 2019-2022

Kristin Lundgren/Member
Board Term: 2019-2021

Gwen Lacy/Vice President
Board Term: 2019-2022

Tuan Tran/Member
Board Term: 2020-2023

Susan Golightly/Member
Board Term: 2020-2021

Our new email address:
board.scfc@gmail.com

Board of Directors

September

Members Only Specials September 1 - September 28

20% OFF! listed prices



Cypress Grove
Purple Haze Chevre
4 oz
reg \$6.59



Kicking Horse
Decaf Coffee
Whole Bean, 10 oz
reg \$13.59



Ka-Me
Bean Threads
3.75 oz
reg \$2.39



Thai
Mist Deodorant
8 oz
reg \$6.59



Trace Minerals
Zinc + Vit C
60 Chewables
reg \$15.99



Champignon
Soft-Ripened Cheese
w/ Mushrooms
varied weights
reg \$19.49#



rick's picks'
phat beets
15 oz
reg \$9.79



teccino
Dandelion Turmeric
Tea
10 bags
reg \$5.99



Kuli Kuli
Moringa Veg Powder
7.4 oz
reg \$19.99



Thai
Push-up Stick
4.25 oz
reg \$5.99

Continuing Members Only Special

20% OFF!

- African Baskets**
Various
- sizes •
 - shapes •
 - prices •



Co-op Deals flyers available on our website

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

