



Silver City Food Co-op Garbanzo Gazette

Volume 18

✧ Your Monthly Newsletter ✧ May 2018

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

Meet Our New Board of Directors!

In April of this year, the Co-op membership elected three members to our board of directors. Jennifer Johnston was re-elected for another term, while Shanti Ceane and Daniel Herbison will be coming on for the first time. Welcome all!

Our board is made up of Co-op member-owners who are chosen by the membership at-large. These dedicated people donate their time to outline policies and influence and design the Co-op's vision for the future.



Shanti Ceane



Jean-Robert Béffort



Jennifer Johnston



Laurinda Anderson



Daniel Herbison

LOOK INSIDE!

• highlights •

Page 2 - Cup O' Joe

Page 3 - Membership Meeting Info

Page 4 - Kitchen Meditations

Page 5 - Produce & Dairy Picks

Page 6 & 7 - Co-op Community

Page 8 & 9 - Exile from the Garden

Page 10 - Behind the Scenes

Page 12 - Kids' Corner

Page 14 & 15 - From Your Board

Page 16 - Sales



**YOU
ARE
WHAT
YOU
EAT**

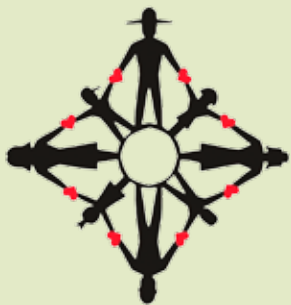
Write-in candidates and number of votes:

Betty Mishuk 6, Jean-Robert Béffort 3, Laurinda Anderson 3, Karen Strelko 2, Jesse Franklin-Owens 2, Hallie Richwine 2, Jarrod Swackhamer 2, Marguerite Bellringer 1, Sharon Bookwalter 1, Mary Ann Finn 1, Gail Rein 1, Jamie Newton 1, Alexandra Tager 1, Dougan Hales 1.

2244 members/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop

Store Hours

575-388-2343

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

Joe Z

general manager

Mike Madigan

assistant manager

The Garbanzo Gazette

Editor: Joe Z

Staff Writer: Judith Kenney

Guest Writers: Susan Van Auken, Jennifer Lamborn

Layout & Design: Carol Ann Young

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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Cup o' Joe

by Joe Z



Soon after I arrived at our Co-op in 2013, it became obvious that we had outgrown the space that we were in. It was a case of too much success for a place that can no longer accommodate it.

This only happens to the best. Successful places tend to expand to accommodate more people as those folks discover a great place. Since we started, the Silver City Food Co-op has continued to grow.

So during my first year here, I drove all around Silver just pretending where the perfect place for the Co-op could be. It did not matter what was on the property – it was a conceptual exercise melding market, visibility, convenience and the ability to offer other services such as being a recycling depot (just random idealistic thoughts).

I finally determined when all was said and done – the space at College and Pope probably is in the top five locations and close to the 1st spot – if not being the first spot. We decided to make a few inquiries because maybe they had too much space and we could trade buildings or work out some deal or something like that. No. After checking – that wasn't possible as they had great plans for further development. They've been there for years and they had what they needed. And that was totally fine with us.

You see, LifeQuest was an institution in this town and incredibly admirable as what they offer to the challenged was incredible, especially in an area that offers little to this select population. We were LifeQuest fans. An incredible bright spot in our town.

My stomach turned when I heard the news that their funding shifted and they needed to immediately shut down (the story can be found at the Daily Press: <http://www.scdailypress.com> Search onsite for "LifeQuest").

Though exceedingly unexpected and quite sad, our Co-op must look at the opportunity that this presents to our future. None of us at this point would predict how well a move to that location would turn out. We need to study deeply and quickly.

We can imagine a Co-op where there is room in the aisles to shop, more cashier lanes; a fresh meat and fish section; a Café and sit down area to eat; a salad bar; a bakery; an outlet for local products; a focal point of community activity; a force large enough to have voice.

What fun that would be!

But wait – while it would indeed be fun and great – it is really not why we would consider this investment and move. It's much, much more than that.

Our Co-op – as are all Co-ops – is about service. Service to our communities as well as service to our Members. At our heart, we believe that all people – without exception – deserve health. By expanding, we will be able to offer more to our community. It's really that simple.

Did you know that 17% to 18% of our revenues come from folks who are on EBT. That's pretty high for a Co-op but normal for our town. Personally – I wouldn't mind seeing that number increase.

Folks on limited budgets often cannot afford the quality foods the Co-op offers. As a matter of fact, that is why we increased

our Co-opBasics Program – to help folks with lower financial means gain access to healthy foods. And it also helps others stretch their food budgets.

Expectant moms, new moms and children deserve the best foods that are available. The limited physical space of our current store makes it difficult for these groups to easily navigate. That holds true for those with physical handicaps as well.

We have already targeted the diabetic situation in our community – helping folks control their intake and to lose weight with healthy foods that they need.

It also means that our support of local would keep growing as we help local producers sell their wares. This strengthens our community as a whole – helping small businesses get off the ground – you make it, we'll sell it for you. Who else in our

community does that? We have more local than anywhere else in Silver but we've run out of room for more.

But this is just the start of the list! This list is actually so long that it cannot be contained in this small article space. I think that all of you reading this can fill it in a lot more.

The tricky part is how to financially accomplish what we want. We certainly

do not have the funds on hand, so the obvious way forward is get loans.

The great thing about Co-ops though, is that faced with these opportunities, Co-ops typically borrow from their Membership first. As I write this, this opportunity is so new that we don't even have an exact cost of the property. But to do everything we want for an entire move – we would need a minimum of .5 million to a million dollars.

Sounds like a lot and it is. But I also know of many Members over the years that have said to me that they have dollars sitting in banks doing nothing for anyone. They would love to invest in the Co-op if there was some mechanism set up.

Hang onto those dollars right this moment as it will take us time to set these things up and that is, of course, dependent on whether we decide to pursue this opportunity.

There's so much to discuss and way too little space here although we'll have more in the next newsletter. We are also looking at setting up space on our website (silvercityfoodcoop.coop) to keep everyone informed as events may start happening quickly.

Please don't jump to any conclusions as we are still in information gathering and planning stages. There are a zillion questions to still be answered and we are working diligently to get them. But – at its very basic core: the means to do this does exist here and if we want this – it can and will happen! ✨



General Membership Meeting

• Picnic •
• Giveaways •
• Games •

FUN! * GAMES! * FREE FOOD! * DESSERT POTLUCK* INFORMATION!
We'd like to invite the co-op community to come celebrate the co-op's 44th year with our combined
General Membership Meeting and Annual Co-op Picnic.

We all spend so much time together in the store...let's get together for a nice time outside!

There are 3 overlapping spheres that make up our co-op community.

1. Vendors: we who grow and produce the foods and goods sold at the co-op
2. Staff: we who staff the co-op, order products, maintain inventory, and serve the membership
3. Member/Owner/Customers: we who support the co-op with our dollars and food choices

Together, we ARE the Co-op!! Come out and join us for information and fun!

- Hear about the current state of the co-op – and hopes and plans for the future
- Meet and mingle with the local vendors and producers who provide the goods you buy
- Meet and mingle with the co-op staff. Get to know what we do.

- ***JOIN US for FREE FOOD!*** The Duck Stop Mobile Kitchen will be catering
, USING ALL CO-OP INGREDIENTS! SEE MENU ON PAGE 7!

Feel free to bring your own food too.

- Dessert Potluck! Please bring a dessert to share
- Come Play Horseshoes! And Volleyball! And fun in the sun!

***Sunday
May 6th
11 am - 3 pm
Gomez Peak Pavilion***

Kitchen Meditations

Spring

Baked Pepper Jack Quinoa Skillet

Broccoli and cheese team up again in this melty, mouth-watering quinoa dish

Ingredients

Serves 4
4 oz. Pepper Jack Cheese
1 c. quinoa
8 oz. broccoli florets
4 c. baby spinach
1/2 c. light sour cream
3 garlic cloves

Directions

Shred 4 ounces Pepper Jack cheese. Set aside.
To cook quinoa: rinse well and drain in a sieve. Combine with 2 cups water in a covered saucepan. Bring to a boil, reduce to a simmer and cook for 15 minutes. Lightly steam broccoli florets while quinoa is cooking.
When cooked, toss broccoli and quinoa with 4 cups baby spinach, 1/2 cup light sour cream, 3 cloves garlic, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
Spread in a 10-inch oven-safe skillet. Sprinkle with the shredded cheese. Broil on high 3 minutes or until melted.



Health Nuggets

Summer will soon be here. Many of us look happily forward to this season and the carefree outdoor days that it brings. However, as temperatures soar, it's important to prevent dehydration and heat exhaustion with a few simple, yet effective, strategies that can keep your days in the sun fun.

- **Acclimation:** Let your body acclimate to the heat. If possible, allow time to gradually increase the time you spend outdoors, working and exercising. Take frequent breaks in the shade or a cool place indoors, when you can.
- If at all possible, avoid the hottest part of the day. Try to schedule your time outside earlier and later in the day.
- Wear loose, breathable clothing and a hat. A helmet for work is often required for safety but it can hold in a lot of heat, so just remove it and fan every once in a while.
- Drink fluids, lots and lots! In order to sweat, your body needs fluids. Drink more water in the heat. Thirsty or not, you need to replace lost fluids. Dehydration can fool you, especially in a dry climate. Sweat can evaporate so fast that you don't even know you're sweating.

Here's wishing you all a healthy, hydrated and most enjoyable summer!

Peach Apricot Crisp

This fresh apricot crisp is naturally sweetened with honey and pure maple syrup. It's a super easy recipe that also works well with peaches and nectarines.

Serves: 6

Ingredients:

For the filling:

6 cups pitted, sliced fresh apricots
zest of one small lemon (about 1/2 teaspoon)
1 tablespoon cornstarch (use non-gmo)
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon
1/3 cup honey*

For the topping:

1 cup old-fashioned oats
3/4 cup white whole wheat flour
1 teaspoon cinnamon
1/4 teaspoon salt
4 tablespoons (1/2 stick) cold unsalted butter, cubed
3 tablespoons pure maple syrup

Directions:

Make the filling:

1. Preheat oven to 350 degrees F. Lightly spray an 8x8-inch baking dish with cooking spray.
2. In a large bowl, toss together the apricots, lemon zest, cornstarch, ginger, and cinnamon. Stir gently until apricots are evenly coated with the spices, and then gently stir in the honey.

Pour into the prepared baking dish:

1. In a medium bowl, stir together the oats, white whole-wheat flour, cinnamon, and salt. Add the butter cubes and use your fingers to work the butter into the oat mixture until it begins to clump together and the butter pieces are small. Stir in the maple syrup. Sprinkle topping over apricots.
2. Bake in the preheated oven until filling is bubbly and topping is golden brown, 30-32 minutes. Let cool slightly before serving.

*Adjust the amount of honey depending on the sweetness of your apricots. We find 1/3 cup to be perfect for apricots that are sweet-tart.

The Frugal Co-op Chef



Maple-Sweetened Apricot Compote

1 pound almost ripe apricots, pitted and chopped
1 tablespoon water
3 tablespoons maple syrup
1/4 cup water
1 tablespoon tapioca starch

- In medium saucepan combine apricots, 1 tablespoon water, and syrup.
- Bring to boil and reduce to simmer. Cook for 5 minutes.
- Combine 1/4 cup water and tapioca starch.
- Whisk tapioca slurry into simmering mixture. Cook another minute until thickened.
- Cool and refrigerate. Use within a week.

Jake's May Produce Picks

Apricots

The origin of the apricot is in dispute. Some sources say that it was first cultivated in India in about 3000 BC and Armenians often claim it as their own, considering that it has been cultivated there since ancient times. Its scientific name, *Prunus armeniaca* (Armenian plum) derives from that assumption. Despite the many varieties of apricots that grow in those countries today, the most prevalent consensus is that the apricot originated in China, where its domestication would have taken place.

Contention aside, these exquisite little orbs, with their velvety, orange skin and flesh, are enjoyed today by people all over the world. They thrive in our temperate North American climate and are a welcome signal of the beginning of summer. In addition to being delightfully tasty, apricots are one of the healthiest fruits in the world, boasting a great list of health-promoting properties. Whether eaten dried or fresh, they are brimming with vitamin A which is necessary for healthy eyes, skin and the immune system and are, also, a great source of vitamins C, potassium and dietary fiber. Any plant produce that contains iron has non-heme iron and that includes the apricot. This type of iron is absorbed, slowly, by the body and the longer it stays in the system, the more effective it is in relieving anemia. Add calcium, so necessary in the formation and development of bones, to the list of what apricots have to offer. It's also interesting to note that without potassium in the body, calcium is not absorbed and disposed of uniformly. The good news is that this remarkable fruit contains both!

Like most fruits, the apricot can be eaten fresh, dried and canned. Enjoy them out of hand or chop them up to add to your favorite morning cereal or smoothie. They are used liberally in jams and preserves and pies. Did you know that you can also use them to add extra flavor and nutrition to your salad? They go well with leafy greens, feta cheese and almonds. Just a splash of vinaigrette dressing will make this simple combination into something special!



Christine does a terrific job on Saturdays taking very good care of the produce department.

Red Romaine Lettuce

This eye-catching romaine deserves a spot both in the garden and on the table. As baby lettuce, its leaves are green, then fade to a deep red-bronze as they mature. Red Romaine leaves bring a sweet, flavorful crunch to salads and sandwiches. Mix it up with green leaf lettuce and spinach for a delicious mix of textures and colors. The heads (if allowed to form) are even thick enough to grill. It adds a vibrant pop of color and a healthy dose of antioxidants and vitamins A and K to any meal.

Becky's May Dairy Pick

Funny Farm Pepper Jack Goat Cheese



It's a Funny Farm!

Funny Farm, based in Frisco, Texas is dedicated to raising the healthiest, most contented goats possible. As is stated on their website, "happy goats make better milk". They are a small, women/employee owned company passionate about goat milk products and a commitment to animal welfare. Motivated by the health benefits that many people receive from consuming goat milk and cheeses, this conscientious company is always searching for ways to improve both their products and operation.

You might really like Funny Farm's Pepper Jack Goat Cheese. Some people don't care for goat milk products, but when we sampled it out to Co-op customers recently, the response was very favorable! It's a rather mild cheese with the expected zing that accompanies a pepper jack. We agree with what the package says. "Delicious, Creamy, No Goaty Twangy Taste"

CO-OP Community

Co-op Community Donations

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

Grant County Food Pantry
WNMU Art Department

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.

The Volunteer Center

Round Up for May



The Volunteer Center

In May, contributors to our Round Up program will be donating to the Volunteer Center of Grant County. Hunger and poverty in Grant County is their main focus. TVC has worked on a broad range of solutions surrounding these critical issues, including community and school gardens, food pantries, increased food production, transportation and storage, education and economic development.

March Round Up
\$1244.20!

Mimbres Valley Health Action League



In March, Co-op customers "rounded up" for the Mimbres Valley Health Action League. The money raised will be used for the San Lorenzo Elementary School Greenhouse Project.



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their service.

Ellen O'Bryan • Tasha Marshe
catherine bialopiotrowicz • Malika Crozier
Althea Athenian • Athena and Two Crow Schumacher
Judy Menefee • Tim Garner • Jennifer Lamborn
Deb James • Susan Van Auken • Jane Papin



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!

If interested please email judith@silvercityfoodcoop.coop

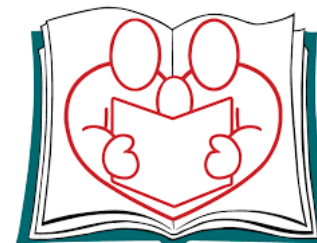
Three hours earns a 15% Volunteer Discount



Literacy Link -Leamos

Round Up for June

In June, customers will have the opportunity to donate their change to Literacy Link-Leamos. This is a community-based family literacy program, whose mission is to raise literacy levels in Grant County through free tutoring and outreach projects.



Literacy Link - Leamos

Taste Samplers Needed!

Isn't it fun to get free food?



It's even more fun to be the gracious person giving the food.

Become a sampler and hand out food samples

on Wednesdays from 9 am to 12 noon and 12 noon to 3 pm.

It's fun and you get to see all of your friends.

Contact: judith@silvercityfoodcoop.coop

Co-op Calendar

May 6

Silver City Food Co-op General Membership Meeting
Gomez Peak Pavilion, Little Walnut Rd. 11 am to 3 pm

FUN! * GAMES! * FREE FOOD! * DESSERT POTLUCK!*

Compost Workshop:

May 26

Sponsored by the The Volunteer Center and the Silver City Food Co-op
This workshop will be offered at the Volunteer Center,

Saturday, May 26th, 9 am to 11 am, 501 E. 13th St. in Silver City.

Please call 575-388-2988, for more information.

A suggested \$10 donation (no one is turned away for lack of funds!)



General Membership Meeting MENU

(1st 150 people)

Complimentary Lunch provided by The Duck Stop Mobile Kitchen

Your choice includes a sandwich and a side salad
Beverages will be provided by the Co-op

Burgers

- Beef Burger**
cheese, dressing, lettuce, tomato
(GF option included)
- Veggie Burger**
cheese, dressing, lettuce, tomato
(GF option included)

Kids

- Hot Dogs**
(GF option included)
- Vegan Dogs**
(GF option included)

Sides

- Quinoa Salad**
- Veggie Pasta Salad**
- Potato Salad**

or bring your own picnic!

Dessert Potluck! Bring a dish to share

Please include a list of ingredients for those with food sensitivities.

MAD June/July

Pick your own two days

to receive **10% off your purchases!**
(Excluding mark-down items
25% maximum discount)

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.

RAIN CHECK

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



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

Produce Compost Guidelines

This is a free service provided for our customers. We
are not able to honor "special" requests for specific
produce in bags and keep this service free. Please
note:

- First come, first served
- One bag per person, please
- Scraps are bagged randomly as produce is processed
- Best days for compost are Tuesday & Thursday



Exile from the Garden: Protecting Vegetables from Insect “Pests”

by Jennifer Lamborn

Food co-ops have traditionally served as social hubs that help raise awareness about where our food comes from and how it’s been handled. Since many of us view whole, organic foods as a catalyst for positive social and environmental change, it is natural for us to turn “back to the land” for inspiration and understanding. Growing our own vegetables can be a satisfying yet humbling experience that causes us to more deeply appreciate the challenges faced by the farmers who grow our food—especially those who adhere to organic protocols that don’t rely on quick but harmful solutions such as mass-marketed herbicides, pesticides and chemical fertilizers. As gardening time is upon us, it may be helpful to review some of the least harmful methods for ridding our vegetable beds from the insects we call “pests” when they cause damage by feeding on the plants we intend to harvest.

First off, a healthy garden is the best defense against pests. Building healthy soil with compost and creating an inviting worm habitat will foster strong and vigorous plants. Weak plants will attract predators and should be pulled out, especially those that might already be infected. Because insect pests are often plant-specific, “companion planting¹” minimizes the potential for pests to spread throughout a bed. It is also important to keep foliage dry: wet foliage encourages insect and fungal damage. Thus, we should water early so foliage will be dry for most of the day. Most importantly, we must pay close attention to our garden on a daily basis in order to be tuned into subtle changes before it’s too late. Insect infestation can happen in large numbers and quickly.

Some common garden insect pests in Silver City include but are not limited to aphids, cabbage loopers, cabbage butterflies, snails and slugs, squash bugs, and tomato horn worms. The following

list of remedies merely provides a general starting point and is by no means comprehensive.

Many of these insect pests can be removed by hand although doing so is laborious, often challenging, or simply ineffective when we notice infestation too late. Floating row cloth (“Reemay”) can protect seedlings and plants from insects while allowing water and 85% to 90% sun to pass through.² (Row covers can be used throughout the growing season for plants that do not require insect pollination. Plants such as squash must be uncovered when they start to flower. When the summer days become hot, it may be necessary remove covers to prevent excessive heat buildup.) Another less time-intensive method of reducing insect populations is by applying natural or homemade insecticides and deterrents. But not all insects are harmful, so applying insecticides indiscriminately can certainly harm the garden ecosystem. To be clear, killing off all the insects in the garden is not the goal; many insects are beneficial and prey on the pesty ones.

Aphids (below) can be successfully removed by washing the plants so the aphids fall off (paying special attention to the back side of leaves) and then using a spray deterrent made of vegetable oil and a mild soap such as *Dr. Bronner’s Castile Soap*.³ This method is especially effective when grow-



Aphids

ing vegetables in a greenhouse where natural predators are not present. It is better to apply this spray in evenings or early mornings, and not during the hot, sunny part of the day. In open gardens, lady bugs and



The adult cabbage looper



The cabbage butterfly

praying mantises are also effective in keeping the aphid population at bay; these beneficial insects can be attracted by maintaining a diversity of plants in the garden. If need be, ladybugs and praying mantises can be purchased online and introduced into the garden space.

The larvae of cabbage loopers and cabbage moths (above) eat members of the cabbage family. Floating row cover provides excellent protection against the laying of looper and worm eggs. However, if plants remain uncovered, we need to carefully examine foliage for eggs and worms and remove them immediately, preferably to a bucket of soapy water. Some people claim that companion planting thyme can deter the cabbage butterflies from laying eggs on brassicas (the cabbage family).

Tiny trichogramma parasitic wasps (~.3 mm in size) can be bought and released into the garden to attack cabbage loopers, cabbage worms and tomato horn worms. These wasps parasitize pest eggs by occupying them with their own eggs. The pest egg is eaten up while the little beneficial wasps develop inside. After about 10 days, a young parasitic wasp hatches from the killed moth egg and looks for further moth eggs.

The squash bug (below) is a particularly destructive insect often found



The squash bug

feeding in large numbers on members of the cucurbit family: pumpkins, cucumbers and winter squash. Both the nymphs and adults do damage by sucking sap from foliage and vines. If only a few plants are affected, handpicking can be effective. Some people recommend constructing traps from cardboard or boards at the base of host plants, creating a nighttime shelter that can be used for collection in the morning. Food grade diatomaceous earth⁴ (DE) can be sprinkled around plants and provides a mechanical (rather than chemical) pesticide that works on contact by abrasion. DE is also effective in reducing slug, pillbug (“roly poly”) and snail populations.

There are many more natural pesticides and every gardener seems to have her own particular blend and ratio of ingredients. *Bacillus thuringiensis*, or



Bt, is a naturally-occurring soil bacteria that makes pests sick when they eat it. Bt is widely accepted by organic farmers. The spray can be used to target worms and caterpillars, and it can protect the leaves at the first signs of damage. Bt sprays do not harm honey bees or birds and are safe for use around pets and children. Pyrethrum, derived from chrysanthemums, is the active ingredient in Safer Soap and can be used as a last resort if the pest situation is out of control.



The cabbageworm

selves. Introduction of beneficial insects, creating a good habitat for them as well as building healthy soil lets nature do the work for you. Next time you browse the produce section at the co-op or create a meal with organic produce, take a moment to consider the farmers' care and attention that bring these foods to your table.

Always keep in mind that any healthy ecosystem requires an abundance of beneficial insects, microbes and fungi, both in the soil and on the plants them-

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¹Companion planting is the practice of designing a vegetable garden so that complementary types of vegetables are planted in the same bed.

²Floating row cloth is spun-bonded polyester and can be found at Ace or online. It is easier to work with when draped over a cage or hoops although it can be draped directly onto the bed.

³To make a basic oil spray, mix 1 cup of light vegetable oil with 1 tablespoon soap. Cover and shake thoroughly. To apply, mix 2 teaspoons of the oil-soap mix with 1 quart of water in a spray bottle, shake and spray directly on the surfaces of the affected plants. The sprayed leaves will repel the aphids, and the oil will coat the bodies of the remaining insects, suffocating them.

⁴Diatomaceous earth comes from the fossilized remains of tiny single-celled freshwater algae-like creatures called diatoms and is useful inside and outside the body and the house.

Tasty Wednesdays!

For You, Our Valued Co-op Customer!

You may know about Popcorn Fridays at the Co-op, when shoppers can partake of free bags of freshly popped organic corn and other great samples. Customers have responded so positively to this weekly event that we've decided to offer more wholesome goodies on Wednesdays, as well. It's not just food, either. Our supplement and HABA departments also have great stuff to pass out. Popcorn will not be served on Wednesdays, but that means that we can really do it up right with other treats!

Of course, an actual person needs to woman or man the sampling table and that role, over the years, has been fulfilled by our awesome and intrepid crew of volunteers! We couldn't do it without you, dear people! If there is anyone out there who'd like to participate in our volunteer program, please call the Co-op at 388-2343 and ask for Judith. We can always use the help.



Volunteer Janna Mintz with her Wednesday selections.



Volunteer Rebecca Summer passing out treats on a recent Wednesday.

Behind the Scenes at the Co-op

This column, which started in the November 2017 issue, features people who keep our co-op running smoothly. You can read the past issues of the Garbanzo Gazette on our website and learn about the general manager, POS (point-of-sale) workers, receivers, produce crew, finance department, and deli crew. In the next two months you can read about cashiers, stockers, and buyers.



by Susan Van Auken
Co-op Member

❖ *The Assistant Manager* ❖ *or The Person Who Might Be Everywhere at Once*

Here is what Mike, our assistant manager (AM), told me at the beginning of our interview: “Most days, I come into work with a list of ten things that I must get done today, only to discover that ten new things have come up that need my attention first. It’s triage and firefighting. Somehow, by the end of the day, the important things are done.”

The AM’s job responsibilities seem straightforward on the job description, which are the overall responsibility for the day-to-day operations of the staff and the store, including hiring new staff, training and staff development, creating the work schedule, implementing policy, as well as a variety of other tasks and projects. The often hectic atmosphere of our busy retail grocery store makes the job more complex, and two personal attributes, also stated on the job description, become quite important. The AM must have the ability to quickly flex plans about work that will be accomplished on any given day to accommodate the immediate needs of the store, and the AM must be able to work calmly under duress. Mike’s opening statement indicates his experience on the job reflects what is expected of him!

Knowing each new staff member hired will have an effect on the entire staff and store, Mike looks for people with a cooperative spirit and an interest in the cooperative business model, values, and principles. The orientation and training of new staff provides further education about how our co-op works, both the nuts and bolts of the job, and the cooperation and kindness necessary for thirty-five employees to work together in such close proximity, on a physical, emotional, and mental level.

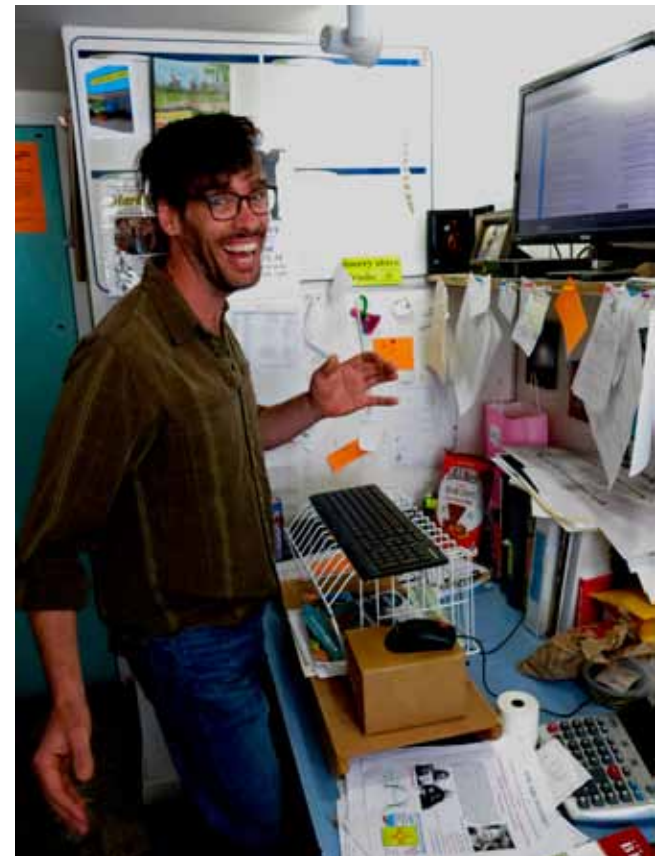
Mike must pay constant attention to the energy, or vibes, of the staff, and to details of the store operations. He must quickly decide when a situation needs his leadership or when it is best to let it work itself out. When Mike needs to help or guide an employee, conversations might take place in an aisle of the store, because there are really no private places to talk in the co-op buildings. Staff will often go across Sixth Street to the fenced garden, a well-used sanctuary, to find a bit of privacy.

The AM holds regular meetings with the buyers, the cashier-stockers, the grocery team, the managers-on-duty (MODs), and all of the staff at once. Some meetings are small enough to be held in the back office, some are held in the receiving area in the back warehouse, and entire-staff meetings must be held offsite.

Everyone who works at the co-op comes with their own private lives and biorhythms, and places they want to be when not at work, which means they all want a good work schedule. Every other week Mike uses a software program, in which he has designated more than 150 shifts that must be filled. A time-consuming process, it often takes as many as five hours to create the multicolored schedule posted on the wall in the front office—one that meets the needs of the store and the needs of the staff. Consider the following:

- *All customers want the checkout process to move quickly, but it is not cost effective to always have two cashiers. Plus, cashiers need breaks. The primary cashier, the cashier backup, and the break cashier all need the schedule to specify their responsibilities.*
- *Many shifts must be combined with others so that the employee has at least six hours of work. Each day, before the store opens, there is a two- or three-hour cleaning shift that needs to be scheduled with another short shift, such as stocking.*
- *When the co-op receives the big UNFI delivery at 6:00 a.m. Saturdays, eight or more people must be on hand to receive, process, and unload the order, and to stock the shelves.*
- *The whole staffing schedule ebbs and flows as sales and shopping habits change with seasonal fluctuations.*

Mike creates each schedule by first reviewing all requests for time off, then filling in the few people who have the same work shift every week, such as the finance manager. Many others have fairly regular schedules, which need to be adapted to the unique circumstances of the current period. Lastly, he takes all the remaining open shifts and matches them up with the remaining staff members, all of whom have open availability and are cross-trained to cover where needed. Creating the schedule is like piecing together a puzzle in which all the puzzle pieces are constantly shifting and moving about.



Mike hard at work at his desk.

The AM wears many different hats each day, even as he continually monitors the activities of the store and staff. The wide variety of tasks he has on his to-do list include public relations with other organizations in town, creating plans for needed changes, implementing these changes and then evaluating them, human-resource responsibilities, like dealing with harassment, editing the conflict-resolution policy, helping with the co-op picnic, and bolstering our online presence.

A final quote from Mike completes his opening statement: “My job is anything but dull, and I wouldn’t have it any other way. I love the co-op and actively attend to our success every day.”



May Sales in Bulk

All Tierra Farms Chocolate **15 % OFF**

All Trail Mix **15 % OFF**

Bulk Pasta **15 % OFF**

New Local
&
Regional Coffees
10 % OFF



*All Abbey Roast
Packaged Coffees (NEW)*



*Monks from Our Lady of Guadalupe Monastery
hard at work sampling out coffee*



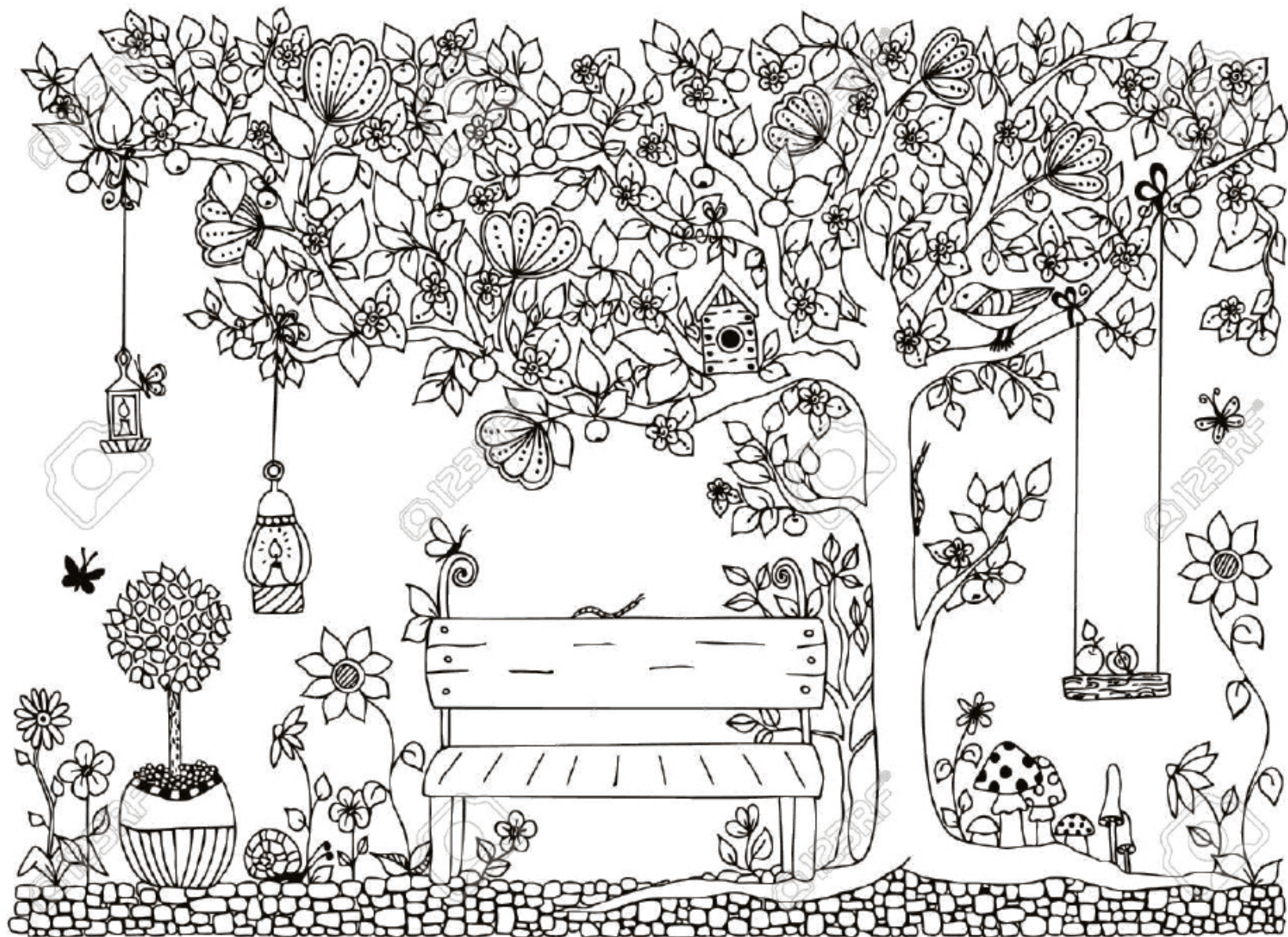
Seth of Old Bisbee Roasters in Bisbee, Arizona

*Old Bisbee Roasters
Packaged Coffees (NEW)*

reoro
Kids'

FREE FRUIT FUN

Now Kids, color in this here picture,
bring it on down to the Co-op and get your free piece of fruit.
(Produce Staff Selection)



NAME: _____ AGE: _____



Fun Facts for Spring

The first day of spring is also called the vernal equinox.

The equinox occurs when the center of the sun crosses the equator.

When it is spring in the Northern Hemisphere, it will be autumn in the Southern Hemisphere.

Because it stays light longer in the spring, birds know it is time to find a mate. They do this by singing to each other.

During this season, flowers bloom, birds build their nests and many other animals have their babies. Even frogs lay their eggs this time of year!



Frozen Department

NEWS

by Judith Kenney

Deep Thoughts from the Deep Freeze

To grill over an open fire is to cook at the most primal level.

-Alice Waters in The Simple Art of Food

Grilling season is fast upon us. For some, in fact, it's already here! If you are one of the many people who enjoy cooking out in the open, the Co-op has a wide selection of local meats in the frozen section. J6 Ranch in Mimbres, EZ-Does-It Ranch in Gila, and Gila River Ranch in Gila offer, between them, a slew of high quality organic, non-gmo, grass-fed meats, including steaks, BBQ ribs, pork chops, pork ribs, lamb chops, and ground beef, perfect for the grill. We also carry a selection of beef, turkey, chicken, and veggie dogs that are tasty, too! Maybe you don't care much about the "primal" aspects of cooking over a fire. You just love a perfectly charred steak or burger devoured with family and friends in the great outdoors. That starts with first-rate meat of the quality that you'll find at SCFC. Take up your tongs!

And Now, Dessert!

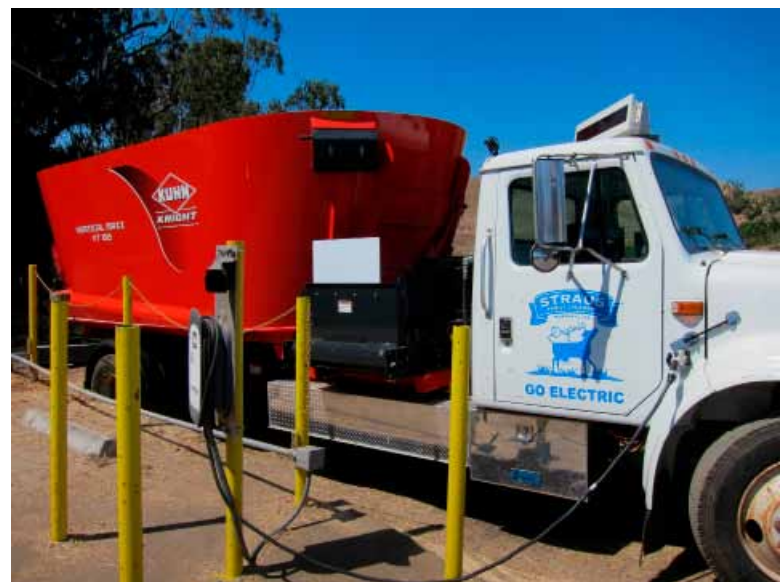
Looking for a little summer sweetness to finish off your picnic? We invite you to investigate the ice cream freezer on the opposite wall from our main frozen section. There you will discover, amongst a lot of yummy frozen desserts, Straus Family Creamery premium organic ice cream.

Straus is a mission-driven, family owned and operated business dedicated to making premium organic dairy products, all non-gmo, with minimal processing. Their passion is environmental and ethical stewardship that preserves the land for future generations.

The Co-op carries five rich and simple flavors, characterized by a whole lot of creamy flavor, that have inspired some ice cream lovers to say that it's the very best, hands down.



*A happy cow at
Straus Family Creamery*



The Straus Family Creamery in Marin County, California, has announced the launch of the 'first' full-scale electric truck powered by biomethane created from cow manure. This new full-scale-electric feed truck is the next step in Straus' quest to show that organic dairy farming can be carbon positive, using agriculture as a solution to reversing climate change.



2 U From Your Board . . .

Dear Co-op Member-Owners,

Many of you have said that you “love the co-op,” or that you moved here because of the co-op, or that we are very fortunate to have such a wonderful food co-op in Silver City. If you feel this way, I have two questions for you:

- Do you know that in order to be a co-op, we must, according to state statute, have a board of at least five directors
- Do you know that after the April board election, we will still need more directors in order to have a full board, which is seven directors?

I don't want to pressure or to guilt trip any one of you. But we need member-owners willing to step up and serve on our board. It's really not a bad job. In fact, many directors seek a second term. I know, as the job grew on me, and kept me on the board for almost ten years.

I have shopped at the co-op since 1987, when I moved to Gila. I waited twenty years before joining the board, in 2007, and discovered that it just clicked for me, as a place to use many of my skills and as an outlet for furthering my passion for good healthy food. I learned much about the co-operative business model and why it is important during these challenging times. Being a director was a very rewarding experience for me, and it could be for you too.

Of course, to be a good board member you must have interest, energy, and the time to participate in the governance of our co-op. If you do, please consider using your skills to increase your support of our beloved co-op.

I believe, and hope you do too, that our vibrant small town co-op of nearly 2,100 member-owners deserves to be governed by a full board of directors. The board has the ability to appoint new directors and they would like to be able to do this at the May board meeting. Appointed directors serve only until the next election, rather than the three years elected board members commit to, so now is your chance to serve for a short term – call it a trial term, perhaps – and at the end of the year, you may want to run in the next election!

If additional directors were to be appointed now, then the full new board could begin the new term together. The bonding and orientation would all happen at once, which would be fun!

Many member-owners the board has talked to during recruitment activities have indicated that becoming a director interests them. So, please, if you have this interest in giving back to our co-op, consider jumping in NOW!

The board only needs two, will one be you?

In cooperation,

Susan Van Auken, former director and president of the co-op

CONTACT THESE DIRECTORS NOW ABOUT JOINING THE BOARD:

Jennifer Johnston - johnstonjenny40@gmail.com

Laurie Anderson - laurindaa713@gmail.com

Jean-Robert Beffort - aspace.studiogallery@gmail.com

Karen Strelko - karen@silvercityfoodcoop.coop



Jennifer Johnston
Secretary



Jean-Robert Béffort
Vice-President

**Your
Face
Here**



Laurie Anderson
Treasurer



Karen Strelko
President



Member/Owner Report from the Street

The Membership Connect Committee has been working to improve communication between member-owners and the board of directors. As part of this process, a volunteer member/owner of the Membership Connect Committee stood in front of the coop for two and a half hours on Saturday, April 21st and surveyed member-owners for their ideas about our coop. While the survey was limited and had a small sample size, she did get some interesting and varied responses to the questions below.

1. I am a member- owner of my Silver City Food Coop because...

- I believe in coops
- healthy, quality, accessible, reasonably priced local food (x5)
- Community (x2)
- quality organic veggies/produce and fruits and bulk items (x4)
- Have been member of food coops for 40years
- downtown location
- special products like fresh turmeric...
- am committed to the idea of a cooperatively owned business. I enjoy the cooperative community that comes with it.

2. My favorite memory or experience at the coop last year...

- I walk in the coop and there is my community with local food (x2)
- Shopping with my Mom visiting from Dallas
- Always delightful. I come and shop and dance to the great music
- doing repack with Evan @ bulk department
- pop corn on Friday (x3)
- discovering vegan options like ice cream and cheeses and sausage...
- running into a friend i hadn't seen in a long time
- the staff
- raw milk
- when Jake and Jenee rescued a kitty behind the market cafe
- any of the times that I volunteer at the coop

3. I think the coop did the following thing(s) well last year...

- kept the food in the shelves. great soundtrack
- produce selection and quality
- have brought in more choices : dried fruit, essential oils..
- buying local produce
- Supporting local non profits with Roundup Program (x3)
- pictures of farmers (x3)
- variety of products
- keeping prices low
- Jake's produce selection is like an art piece
- more field day products

4. Any suggestion to improve your coop experience?

- increase participation of local producer
- more food to go
- more scoops for the spices
- satisfied (x2)
- expand if we are able, bigger but not too big
- find an alternative tortilla to wheat like garbanzo or buckwheat
- fewer drinks, they are a funky focus
- Improve community outreach
- In terms of organic and in general competition from other bigger stores, Since we can't compete very well on \$\$\$ (except for occasional sales).. "Don't push prices....Push community"

In conclusion, the expressed sentiments about our Food Co-operative are vastly positive. Members shop SCFC because: 1) they value the store's sense of place, 2) they feel part of a family-like community, and 3) they share deeply-felt, personal values of social responsibility. Surveyed members equated these sentiments with their value for SCFC's available choices of quality, organic food. The economic desire for low prices was relatively small in comparison with their expressed values of concern for social and environmental issues. In other words, members like shopping SCFC, because of its cozy, welcoming atmosphere. However, they also expressed a desire to grow as well. The evidence supports that the SCFC membership and staff are comprised of terrific, healthy, happy and socially responsible people. What an asset we all are to each other and the overall Silver City community.



Board Meeting Schedule

The SCFC Board of Directors meets the third Wednesday of each month at the Volunteer Center on 13th Street at 4:30 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
karen@silvercityfoodcoop.coop

Jean-Robert Béffort/Vice President
Board Term: 2016-2019
aspaces.studiogallery@gmail.com

Laurie Anderson/Treasurer
Board Term: 2017-2020
laurindaa713@gmail.com

Jennifer Johnston/Secretary
Board Term: 2015-2018
johnstonjenny40@gmail.com

Board of Directors

May 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.

May 2 - May 15

coop deals



Bulk
White Quinoa
Organic
reg \$2.69#
SALE \$2.19#



Ian's
Chicken Nuggets
8 oz
reg \$6.19
SALE \$4.69



CoYo
Coconut Milk
Yogurt
5.3 oz
reg \$2.19
SALE \$2/4.00



Kevita
Master Brew
Assorted, 15.2 oz
reg \$3.39
SALE \$2/5.00



Acure
Vivacious Volume
Shampoo
12 oz
reg \$8.49
SALE \$5.99



Boiron
Arnica Montana
Assorted
reg \$7.19
SALE \$5.99

May 16 - May 29

coop deals



Bulk
Organic
Garbanzo Beans
reg \$2.79#
SALE \$1.99#



Brown Cow
Cream Top Yogurt
Assorted, 5.3 oz
reg \$.99
SALE \$5/4.00



Hope
Organic Hummus
Assorted, 8 oz
reg \$4.39
SALE \$2.69



Feel Good
Vegetable
Egg Rolls
9 oz
reg \$5.69
SALE \$3.69



T-Relief
Ointment
4 oz
reg \$20.99
SALE \$13.99



Garden of Life
Wobenzym N
100 ct
reg \$29.99
SALE \$26.99

Members Only Specials

May 2 - May 29

20% OFF!
listed prices



Woodstock
Dark Chocolate
Almonds
reg \$10.99



Simply Organic
Southwest Taco Mix
1.13 oz
reg \$1.59



Himalaya
Neem & Turmeric
Face Wash
150 ml
reg \$8.89



Renew Life
Rapid Cleanse
7-Day Program
**Extra Special
Price**
reg \$29.99
SALE \$19.99