

the Garbanzo

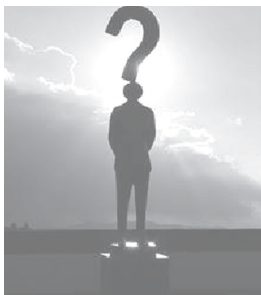


Gazette

Volume 12

a monthly newsletter of the Silver City Food Co-op

Why Move to an Equity System?



We are on track to vote on equity this spring! Next month, as part of the spring election, members will be voting on the revised Articles of Incorporation and the re-

vised Bylaws that were published in the January 2012 issue of the *Garbanzo Gazette*. An affirmative vote of at least two-thirds of the members voting will allow us to move the Co-op from our current membership fee system to an equity system.

Reading legal documents isn't for everyone.

For this reason and others, you may be wondering why do we want to move to an equity system and just exactly what is the difference between the proposed equity system and our current fee system. We're going to answer both these questions, starting with the differences:

Proposed Equity System	Current Fee System
Buying one share annually gives you one vote.	Paying annual membership fee gives you one vote.
You pay no sales tax on the shares you purchase (per federal and state tax law).	You pay sales tax on your membership fee (per federal and state tax law).
The shares you purchase are held as equity in an account in your name (per NM law).	
The Co-op can use the sum total of the money in all equity accounts for its capital needs (per NM law).	
You can invest further in the Co-op by buying extra shares (per NM law).	
If you decide to leave the Co-op, you may request your equity be returned to you (per NM law).	Your annual fees can never be returned to you (per NM law).
Board of Directors determines the share price (Under review, Board hopes will be the same as annual fee).	Board of Directors determines the annual fee (currently \$10).

Now for the why... as you can see from these differences, the shares you purchase are held as equity in an account in your name; if you decide to leave the Co-op, you can even request your equity be returned to you. Per NM law, the Co-op can use the sum total of the money in all equity accounts for its capital needs; the current Co-op Board intends to restrict the use of member equity to capital expenditures for the foreseeable future. When the Co-op undertakes a project that

requires extra capital (for example, expanding or greening the store), you might want to purchase extra shares to help finance the project. Member equity strengthens the Co-op's bottom line, making it easier for the Co-op to borrow money on preferred terms from outside lenders.

In summary, the short answer to why is: *the proposed equity system gives members a true ownership stake in the Co-op and it's better for the Co-op.*

In a very real sense, the shares you purchase are your investment in the Co-op. Power in numbers makes the Co-op stronger, and a stronger Co-op makes a stronger community. If you still have questions about the proposed equity system, please contact any Board member. For more information, including a more detailed summary of the proposed changes to the Articles of Incorporation and the Bylaws, please visit the co-op website www.silvercityfoodcoop.com

Election Notice!

The 2012 election will be this spring to fill three positions on the Board of Directors and vote on the revised Articles of Incorporation and Bylaws. The voting period will be March 1-March 31. Ballots will be inserted in the March issue of the *Garbanzo Gazette* and mailed to all active members. **Please make sure we have your current mailing address on file.**

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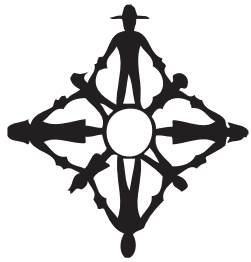
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Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Mission

The mission of the Silver City Food Co-op is to cultivate personal, community and environmental health by sustaining a cooperatively owned market.

Cooperative Principles

1. Voluntary and open membership.
2. Democratic member control.
3. Member economic participation.
4. Autonomy and independence.
5. Education, training and information.
6. Cooperation among co-ops.
7. Concern for community.

General Manager

Doug Zilm

Staff

Joseph Patrick
Judith Kenney
Bob Lee
Tyrone Wright
Carolyn Smith
Janet Goodrich
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Dougan Hales
Gary Benavidez
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Eric Lynch
Germain Courney
Kevin Fast
Angie Carr
Elena Taylor
Doug Smith
Keegan Colter
Jessie Gautier
Chlöe Mydlowski

Annual Co-op Membership Dues

\$10.00 (plus tax)

Kids under 18 and living at home FREE

The Garbanzo Gazette

Garbanzo Gang: Margarita Courney, Vicki Gadberry, Judith Kenney, Carolyn Smith & Carol Young. Submissions are Welcomed! Submit letters, articles, or items of interest to: gg@silvercityfoodcoop.com

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Greetings from the General Manager

Continuing on with the Cooperative Principles discussion I started last month, this month I want to talk about the 2nd Principle (democratic member control) and the 3rd Principle (members' economic participation).

Next month we as members will have a chance to vote for not only our Board of Directors but also on proposed revisions to our Bylaws. The interesting thing with cooperative boards is that only members can run for the Board and no matter how long you've been a member, how much money you spend at the Co-op, or how much time you volunteer at the Co-op – each member gets only one vote. I know some of you hold shares in other companies but how much of a say do your shares really have with the others of millions out there. Here at the Co-op, you are one of about 2,000 people with a vote. We have voter turnout of about 11% the past two years but would love to see 100% (I know it's a dream but it would be great to see that participation). And next year, take advantage of your opportunity and run for the Board.

Member economic participation has some different interpretations. I look at two ways, 1) participating by being a member and being an owner in the Co-op and 2) shopping at the Co-op. With the proposed revisions to the Bylaws up for vote this year, we would move to an equity membership system which means the \$10 fee we have been paying will not be an investment in the Co-op. We will be true owners of the Co-op and have a say in how that investment is used through our voting.

The second part is shopping at the Co-op. We do our best to carry the products that you want and fit the Co-op's requirements for ingredients. We don't have everything and sometimes things run out (no matter how hard we try to prevent that). However, for each dollar you spend at the Co-op it does great things like allow us to pay a livable wage, support local producers, and support other community organizations. Eat good and feel good – a great benefit to being a Co-op member-owner.

– DOUG ZILM

DID YOU KNOW?...

HOMEMADE CLEANING RECIPES. You can easily make safe, effective and inexpensive cleaners using basic items you likely already have on hand.

SHOPPING LIST:

1. Baking Soda – deodorizes, scrubs, whitens
2. Borax – deodorizes, disinfects, removes stains
3. Hydrogen peroxide – disinfects, removes stains
4. Lemon – deodorizes, removes stains
5. Liquid soap – suds power
6. Essential oils – chemical-free fragrance
7. Washing soda – cuts grease, removes stains, scrubs
8. White vinegar – disinfects, removes stains

ALL-PURPOSE CLEANER. Mix ½ cup borax in 1 gallon hot water until dissolved. Spray or mop onto any non-wood surface, then wipe clean.

GROUT CLEANER. Combine baking soda with hydrogen peroxide or white vinegar to make a paste. Apply to grout and let sit at least 30 minutes, then scrub.

TOILET BOWL CLEANER. Scrub with ½ cup borax to brighten and disinfect. For frequent maintenance, brush bowl with baking soda and let sit for a bit before flushing; add white vinegar for an extra stain-lifting fizz.

SIMPLE DISINFECTANT. A wipe down with hydrogen peroxide or white vinegar will provide adequate disinfection on kitchen and bathroom surfaces.

FLOOR/WALL CLEANER. Mix 1 cup white vinegar with 1 gallon hot water to clean floors or walls. Add extra cleaning power by adding 1 TB-1/4 cup liquid soap. Add 1-2 TB pine or lemon essential oil to condition non-laminated wood floors. When using liquid soap, follow with a clean-water mop.

TO UNCLOG DRAINS. Pour ½ cup baking soda or washing soda down the clogged drain. Gradually add ½ cup white vinegar, let the mixture fizz and dissolve. Carefully pour in boiling water from a kettle. Wait 30 minutes and repeat as necessary.

GLASS CLEANER. Mix 1 TB lemon juice or ¼ cup white vinegar with 2 cups water and 3-4 drops liquid soap. Spray or wipe on, then wipe clean.

FUME-FREE OVEN CLEANER. 1 cup baking soda, 1/4-1/2 cup washing soda, hot water, 1 TB liquid soap and a few drops white vinegar. Make sure oven is off and cool. Wipe surface of soot or fresh spills. Combine dry ingredients and gradually add hot water to make a thick paste. Add liquid soap and white vinegar, let it fizz. Coat all oven surfaces and let sit overnight. Wipe off with warm water.

SOFT SCRUB. Combine 1 cup baking soda with enough warm water to form a paste. Add 2-3 drops liquid soap. Apply to enamel or porcelain surfaces and let sit at least 5 minutes. Scrub with a non-abrasive sponge, rinse and wipe off residue.

VEGETABLES THAT STORE WELL.



Beans, dry – Set out to dry in a warm place with good air circulation. Dry for several days in the shells. Shell and store in closed containers. Keep cool and dry.

Beets

Brussels sprouts – Leave early winter sprouts on the stem. Hang in a cool dry location, they should keep for at least a month. Keep cold and very moist.

Cabbage

Cabbage, Chinese – Will keep for several months; just throw away the discolored outer leaves and use the inner ones. Keep cold and very moist.

Carrots

Cauliflower

Celeriac

Celery

Endive (Escarole)

Garlic – Leave leaves on the plant. Dry in clumps in sunny location for a few days. Hang in open mesh bags in an airy location. Keep dry.

Horseradish – May be left in the ground undisturbed until needed. Digging can be done unless the soil is frozen hard. A thick layer of mulch may extend the harvest season.

Jerusalem artichoke – Keep well for a month in dry storage, especially in boxes packed with peat moss. May be left in the ground undisturbed until needed. Digging can be done unless soil is frozen hard. A thick layer of mulch may extend the harvest season.

Kale

Kohlrabi

Leeks

Onions – Store onion bulbs in open-mesh containers, or open-weave baskets, in a cool, airy, dry location.

Parsnips – Keep mature parsnips in the ground 2-3 months after they mature in cool climates.

Peas

Popcorn – Store in an airtight container

Potatoes – Place in a single layer in shallow boxes, padding with slightly dampened sphagnum moss. Cover boxes with slatted lids that keep the light out but allow some air circulation. Do not store potatoes with fruits.

Pumpkins – Keep warm and dry, 50° - 55°F

Radish, winter

Rutabaga

Salsify, oyster plant – May be left in the ground undisturbed until needed. Digging can be done unless soil is frozen hard. A thick layer of mulch may extend the harvest season.

Squash, winter – Keep warm and dry, 50° - 55°F

Tomatoes – Keep green tomatoes from spoiling in warm and moist storage, do not let temperatures drop below 50°F

Turnips

VOLUNTEER DISCOUNT POLICY

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one week. Discounts must be used within 12 months.

If you are interested in volunteer opportunities at the Co-op, email or call Carolyn: carolyn@silvercityfoodcoop.com (575) 388-2343.

Cupid and Psyche

by: Josephine Preston Peabody (1874-1922)

There was a certain king who had three beautiful daughters. The two elder married princes of great renown; but Psyche, the youngest, was so radiantly fair that no suitor seemed worthy of her. People thronged to see her pass through the city, and sang hymns in her praise, while strangers took her for the very goddess of beauty herself.

This angered Venus, and she resolved to cast down her earthly rival. One day, she called hither her son Love (Cupid, some name him), and bade him sharpen his weapons. He is an archer more to be dreaded than Apollo, for Apollo's arrows take life, but Love's bring joy or sorrow for a whole life long.

"Come, Love," said Venus. "There is a mortal maid who robs me of my honors in yonder city. Avenge your mother. Wound this precious Psyche, and let her fall in love with some churlish creature mean in the eyes of all men."

Cupid made ready his weapons, and flew down to earth invisibly. At that moment Psyche was asleep in her chamber; but he touched her heart with his golden arrow of love, and she opened her eyes so suddenly that he started (forgetting that he was invisible), and wounded himself with his own shaft.

Heedless of the hurt, moved only by the loveliness of the maiden, he hastened to pour over her locks the healing joy that he ever kept by him, undoing all his work. Back to her dream the princess went, unshadowed by any thought of love. But Cupid, not so light of heart, returned to the heavens, saying not a word of what had passed.

Venus waited long; then, seeing that Psyche's heart had somehow escaped love, she sent a spell upon the maiden. From that time, lovely as she was, not a suitor came to woo; and her parents, who desired to see her a queen at least, made a journey to the Oracle, and asked counsel.

Said the voice: "The princess Psyche shall never wed a mortal. She shall be given to one who waits for her on yonder mountain; he

overcomes gods and men."

At this terrible sentence the poor parents were half distraught, and the people gave themselves up to grief at the fate in store for their beloved princess. Psyche alone bowed to her destiny. "We have angered Venus unwittingly," she said, "and all for sake of me, heedless maiden that I am! Give me up, therefore, dear father and mother. If I atone, it may be that the city will prosper once more."

So she besought them, until, after many unavailing denials, the parents consented; and with a great company of people they led Psyche up the mountain,--as an offering to the monster of whom the Oracle had spoken,--and left her there alone.

Full of courage, yet in a secret agony of grief, she watched her kindred and her people wind down the mountain-path, too sad to look back, until they were lost to sight. Then, indeed, she wept, but a sudden breeze drew near, dried her tears, and caressed her hair, seeming to murmur comfort. In truth, it was Zephyr, the kindly West Wind, come to befriend her; and as she took heart, feeling some benignant presence, he lifted her in his arms, and carried her on wings as even as a seagull's, over the crest of the fateful mountain and into a valley below. There he left her, resting on a bank of hospitable grass, and there the princess fell asleep. When she awoke, it was near sunset. She looked about her for some sign of the monster's approach; she wondered, then, if her grievous trial had been but a dream. Nearby she saw a sheltering forest, whose young trees seemed to beckon as one maid beckons to another; and eager for the protection of the dryads, she went thither.

The call of running waters drew her farther and farther, till she came out upon an open place, where there was a wide pool. A fountain fluttered gladly in the midst of it, and beyond stretched a white palace wonderful to see. Coaxed by the bright promise of the place, she drew near, and, seeing no one, entered softly. It was all kinglier than her father's home, and as she stood in wonder and awe, soft airs stirred about her. Little by little the silence grew murmurous like the woods, and one voice, sweeter than the rest, took words. "All that you see is yours, gentle high princess," it said. "Fear nothing; only command us, for we are here to serve you."

Full of amazement and delight, Psyche followed the voice from hall to hall, and through the lordly rooms, beautiful with everything that could delight a young princess. No pleasant thing was lacking. There was even a pool, brightly tiled and fed with running waters, where she bathed her weary limbs; and after she had put on the new and beautiful raiment that lay ready for her, she sat down to break her fast, waited upon and sung to by the unseen spirits. Surely he whom the Oracle had called her husband was no monster, but some beneficent power, invisible like all the rest. When daylight waned he came, and his voice, the beautiful voice of a god, inspired her to trust her strange destiny and to look and long for his return. Often she begged him to stay with her through the day, that she might see his face; but this he would not grant.

"Never doubt me, dearest Psyche," said he. "Perhaps you would fear if you saw me, and love is all I ask. There is a necessity that keeps me hidden now. Only believe."

So for many days Psyche was content; but when she grew used to happiness, she thought once more of her parents mourning her as lost, and of her sisters who shared the lot of mortals while she lived as a goddess. One night she told her husband of these regrets, and begged that her sisters at least might come to see her. He sighed, but did not refuse.

"Zephyr shall bring them hither," said he. And on the following morning, swift as a bird, the West Wind came over the crest of the high mountain and down into the enchanted valley, bearing her two sisters.

They greeted Psyche with joy and amazement, hardly knowing how they had come hither. But when this fairest of the sisters led them through her palace and showed them all the treasures that were hers, envy grew in their hearts and choked their old love. Even while they sat at feast with her, they grew more and more bitter; and hoping to find some little flaw in her good fortune, they asked a thousand questions.

"Where is your husband?" said they. "And why is he not here with you?"

"Ah," stammered Psyche. "All the day long--he is gone, hunting upon the mountains."

"But what does he look like?" they asked; and Psyche could find no answer.

When they learned that she had never seen him, they laughed her faith to scorn.

"Poor Psyche," they said. "You are walking in a dream. Wake, before it is too late. Have you forgotten what the Oracle decreed,--that you were destined for a dreadful creature, the fear of gods and men? And are you deceived by this show of kindness? We have come to warn you. The people told us, as we came over the mountain, that your husband is a dragon, who feeds you well for the present, that he may feast the better, some day soon. What is it that you trust? Good words! But only take a dagger some night, and when the monster is asleep go, light a lamp, and look at him. You can put him to death easily, and all his riches will be yours--and ours." Psyche heard this wicked plan with horror. Nevertheless, after her sisters were gone, she brooded over what they had said, not seeing their evil intent; and she came to find some wisdom in their words. Little by little, suspicion ate, like a moth, into her lovely mind; and at nightfall, in shame and fear, she hid a lamp and a dagger in her chamber. Towards midnight, when her husband was fast asleep, up she rose, hardly daring to breathe; and coming softly to his side, she uncovered the lamp to see some horror.

But there the youngest of the gods lay sleeping,--most beautiful, most irresistible of all immortals. His hair shone golden as the sun, his face was radiant as dear Springtime, and from his shoulders sprang two rainbow wings.

Poor Psyche was overcome with self-reproach. As she leaned towards him, filled with worship, her trembling hands held the lamp ill, and some burning oil fell upon Love's shoulder and awakened him.

He opened his eyes, to see at once his bride and the dark suspicion in her heart.

"O doubting Psyche!" he exclaimed with sudden grief,--and then he flew away, out of the window.

Wild with sorrow, Psyche tried to follow, but she fell to the ground instead. When she recovered her senses, she stared about her. She was alone, and the place was beautiful no longer. Garden and palace had vanished with Love.

Over mountains and valleys Psyche journeyed alone until she came to the city where her two envious sisters lived with the princes whom they had married. She stayed with them only long enough to tell the story of her unbelief and its penalty. Then she set out again to search for Love. As she wandered one day, travel-worn but not hopeless, she saw a lofty palace on a hill nearby, and she turned her steps thither. The place seemed deserted. Within the hall she saw no human being,--only heaps of grain, loose ears of corn half torn from the husk, wheat and barley, alike scattered in confusion on the floor. Without delay, she set to work binding the sheaves together and gathering the scattered ears of corn in seemly wise, as a princess would wish to see them. While she was in the midst of her task, a voice startled her, and she looked up to behold Demeter herself, the goddess of the harvest, smiling upon her with good will.

"Dear Psyche," said Demeter, "you are worthy of happiness, and you may find it yet. But since you have displeased Venus, go to her and ask her favor. Perhaps your patience will win her pardon."

These motherly words gave Psyche heart, and she reverently took leave of the goddess and set out for the temple of Venus. Most humbly she offered up her prayer, but Venus could not look at her earthly beauty without anger.

"Vain girl," said she, "perhaps you have come to make amends for the wound you dealt your husband; you shall do so. Such clever people can always find work!"

Then she led Psyche into a great chamber heaped high with mingled grain, beans, and lintels (the food of her doves), and bade her separate them all and have them ready in seemly fashion by night. Heracles would have been helpless before such a vexatious task; and poor Psyche, left alone in this desert of grain, had not courage to begin. But even as she sat there, a moving thread of black crawled across the floor from a crevice in the wall; and bending nearer, she saw that a great army of ants in columns had come to her aid. The zealous little creatures worked in swarms, with such industry over the work they like best, that, when Venus came at night, she found the task completed.

"Deceitful girl," she cried, shaking the roses out of her hair with impatience, "this is my son's work, not yours. But he will soon forget you. Eat this black bread if you are hungry, and refresh your dull mind with sleep. To-morrow you will need more wit."

Psyche wondered what new misfortune could be in store for her. But when morning came, Venus led her to the brink of a river, and, pointing to the wood across the water, said, "Go now to yonder grove where the sheep with the golden fleece are wont to browse. Bring me a golden lock from every one of them, or you must go your ways and never come back again."

This seemed not difficult, and Psyche obediently bade the goddess farewell, and stepped into the water, ready to wade across. But as Venus disappeared, the reeds sang louder and the nymphs of the river, looking up sweetly, blew bubbles to the surface and murmured: "Nay, nay, have a care, Psyche. This flock has not the gentle ways of sheep. While the sun burns aloft, they are themselves as fierce as flame; but when the shadows are long, they go to rest and sleep, under the trees; and you may cross the river without fear and pick the golden fleece off the briers in the pasture."

Thanking the water-creatures, Psyche sat down to rest near them, and when the time came, she crossed in safety and followed their counsel. By twilight she returned to Venus with her arms full of shining fleece.

CUPID AND PSYCHE continued on page 6



KITCHEN MEDITATIONS

CAFÉ AMORE

- 1 oz Cognac
- 1 oz Amaretto
- Strong black coffee
- Whipped cream
- Shaved almonds for garnish

Pour Cognac and Amaretto into a heat proof glass
Fill with strong black coffee
Top with whipped cream
Garnish with shaved almonds

SHRIMP SCAMPI & ANGEL HAIR PASTA

- 14 large shell-on shrimp, peeled & deveined
- 3 cloves garlic, chopped
- 3 TB fresh parsley, chopped
- ½ cup white wine

- 4 TB butter
- ½ cup light cream
- ½ cup grated Parmesan cheese
- 1 lb angel hair pasta, cooked

In a sauté pan, melt butter, add shrimp and garlic. Sear shrimp on both sides. Add wine and reduce for one minute; add cream and cheese. Finish with salt and cracked pepper to taste.

Place pasta in large bowls and place shrimp on pasta. Pour scampi sauce over pasta and shrimp.

Garnish with parsley and additional Parmesan cheese.

CHOCOLATE MOUSSE

- 4 oz dark chocolate, broken into small pieces
- 3 large eggs, separated
- 1 ½ TB water

- 2 TB sweet liqueur (Amaretto, Grand Marnier)
- 1 cup heavy cream
- 3 TB sugar
- whipped cream
- grated chocolate

Put chocolate in small heatproof bowl and set in a pan of hot water to melt. Set aside to cool slightly.

Combine egg yolks and water in a large heatproof bowl and set over a pan of simmering water. Whisk for a minute until yolks start to thicken (don't let them curdle). Add liqueur and continue whisking until mixture is pale, very thick and increased in volume. Remove from heat.

Add melted chocolate to whisked mixture and fold gently but thoroughly.

Whip cream until thickened; add 1 TB sugar and continue whipping until very thick. Fold into chocolate mixture.

Spoon mousse into pretty individual serving cups. Cover and chill. When ready to serve, decorate with whipped cream and grated chocolate.

RIGHTING THE BALANCE OF EMOTIONAL WELL-BEING

by Gary Kraftsow

Anyone who has suffered from depression understands how deep, abiding sadness or worthlessness can infiltrate and affect every aspect of our being. Our psychological makeup, physical health, mental outlook, and even our ability to interact with friends and family and be present to the world around us can get shaken to their core. Why? Because we identify with and attach ourselves to things that will inevitably change. As our feelings and other symptoms of depression persist, we have an increasingly difficult time imagining a life in which we break free from their spell and avoid “becoming” them.

Yoga teaches us that we aren't our feelings or our symptoms but live in multidimensional relationship with them. One way to grasp this paradox is to picture the Self (*purusha* or pure, undifferentiated awareness) as pervading all nine interlocking and interdependent spheres of influence without being any one of them. The first three spheres correspond to our moods, thoughts, and behaviors and, where they overlap, our sense of self or *svabhava*. These spheres profoundly affect—and are affected by—our memory, unconscious conditioning, and by the fourth sphere, our physiology, particularly our autonomic nervous system (ANS). The remaining five spheres represent our anatomy and our relationships with family, society, the world, and the entire cosmos.

Balancing Physiology. Depression tends to hit us on every level of our being, often all at once, which makes yoga the perfect antidote for the physical ramifications, mood swings, thoughts, and behaviors that it engenders. From a physiological perspective, depression affects the entire body, including the digestive, respiratory, hormonal, and cardiovascular systems. Yoga therapy's main impact on our physiology is via the sympathetic and parasympathetic functions of the ANS. Depression creates a state of sympathetic/parasympathetic dysregulation, which further impacts how we feel, what we think about, and how we behave.

The sympathetic nervous system governs the functions involved in the fight-flight-or-freeze response and is activated when we perceive danger. The parasympathetic nervous system governs the functions involved in the rest-and-digest or rest-and-repose response and is activated when we are at rest.

Although some types of depression include sympathetic activation (feelings of agitation or anxiety), when people become depressed, they most often experience a state of sympathetic suppression. They may have physiological symptoms such as fatigue, lethargy, sleep disturbances, gastrointestinal distress, and/or decreased libido or sense of pleasure.

Practicing asanas with adapted breathing, pranayama techniques, and guided relaxation will help to balance the nervous system. For example, doing standing postures and backbends with an emphasis on movement—during which you progressively lengthen the inhalation and the exhalation and

gently hold the breath at the end of the inhalation—will activate the sympathetic response and energize the system.

Stabilizing and Uplifting Your Moods. The way you respond emotionally to what happens around you and within you is influenced by conscious memories and unconscious conditioning, as well as by your thoughts, behavior, and physiology. When you become depressed, it's not unusual to feel sadness, grief, despair, emptiness, helplessness, hopelessness, or shame.

The ancients used meditation, chanting, mantra japa, prayer, right relationship, and right association to elevate mood. Mantra *japa*—one of the most powerful yogic tools for this level, along with *pranayama*—emphasizes both the meaning of the mantras (*artha*) and the feelings or attitudes they engender (*bhava*). Traditionally a teacher who knows you well would choose a particular mantra for you to work with. If you don't have a teacher, you can begin by choosing a mantra or a symbol that takes you beyond your thought distortions, uplifts your mood, connects you to sources of inspiration and positive feelings, and moves you away from loneliness or isolation.

The company you keep, the activities you participate in, and the values you hold also profoundly impact your mood. Thus, practices for this sphere include cultivating right associations—what yogis call *sangha* or *satsangha*—and right relationships, which can steer you toward people and things that are more meaningful, uplifting, and positive, and nurture feelings of love and joy, tolerance, compassion, and generosity of spirit.

Awakening the Intellect. When you feel down, your mind can wreak havoc on your moods and behavior, as well as on your physiology. Depression clouds your self-concept—the stories you tell about yourself, the way you interpret events that occur around you. Low self-esteem, guilt, regret, a sense of futility, apathy, and pessimism permeate your thoughts, and you get stuck in a self-destructive spiral.

Developing the ability to sustain focused attention (one-pointedness) is necessary to bring your mind under control and to create mental stability. Once you can maintain one-pointed focus, use deeper forms of meditation such as *vichara* (inquiry), *svadhyaya* (self-reflection), and *pratipaksa bhavanam* (cognitive reframing) to develop discrimination and wisdom and to reawaken your intellect.

You may also find inspiration or insight by studying sacred texts or turning to any piece of writing that inspires you, or through a renewed commitment to your faith. Through meditation and study it's possible to regain a sense of meaning and purpose and find a broader perspective on life, which is essential to healing and freeing the mind.

Building the Will. Being depressed can often radically alter the way you act toward yourself and others. So it's not unusual to lose interest in daily activi-

ties (the behavior sphere)—and stop taking care of yourself physically or wall yourself off from friends and social obligations. Cultivating determination, strengthening the will, and setting and activating intention are the cornerstones of yoga practice and can help you overcome habits and dysfunctional behaviors that can paralyze you and keep you depressed.

To get started, a yoga therapist may suggest specific practices (*sadhana*) that emphasize discipline, impulse control, and self-restraint. Such *sadhana* may include what yogis call *tyaga* or selective renunciation, abstaining from something you habitually do in order to become free of attachment. You can begin by giving up something you know isn't good for you, like eating junk food, which should give you confidence that you can overcome your habits. But ultimately, practicing *tyaga* means selectively renouncing something you are attached to, *even if it's not bad for you*—like foods you eat for entertainment rather than nourishment. This practice strengthens your will and intentions, making them stronger than your habits.

Creating some form of daily ritual—a few minutes of breathing exercises or a morning walk in the neighborhood—as well as selfless service can further pull you out of a depressed state. Doing something, no matter how small, for yourself and/or for others, can generate and release positive energy and set you on the path toward wholeness.

Taking the First Step. Each of these four spheres—mood, thoughts, behavior, and physiology—is profoundly affected and driven by our memories and our unconscious conditioning. Committing to personal practice helps us become free of the twisted journey of thoughts, feelings, desires, conflicts, distractions, and habitual and dysfunctional behavioral patterns that dissipate our energy and keep us locked in depression. How? By purifying memory and bringing the unconscious impressions and impulses that drive us to the level of the conscious mind. When we can see our patterns clearly, feel them, experience them as mutable and impermanent, we take the first step toward freeing ourselves from their influence. Purifying memory is the combined effect of all the work done in the four spheres through an integrated practice, one that encompasses much more than what we typically experience doing asana on our yoga mat. Such a practice includes everything we do to take care of ourselves—taking walks in nature, performing selfless service, connecting with friends, even going to work or cleaning the house.

Purifying memory does not mean developing selective amnesia. It means we learn to see things as they are without reacting or misperceiving them. An integrated practice like the one that follows, in which breath, sound, meaning, and feeling are linked through asana, pranayama, meditation, and mantra japa can help you harness and direct all of your energy toward deep and lasting transformation at every level of your being.

FEBRUARY 2012 SPECIALS

To Our Co-op Members & Customers: Please note that sales run for a 2-week period, a few sale items are listed below. Please stop by the Co-op for more values and take advantage of all the great offerings each month.

Co+op Deals, February 1 - 14, 2012:



Bulk
Garbanzo Beans
reg \$2.19#
Sale \$1.89#



Brown Cow, 6oz
Yogurt, assorted
reg \$.89
Sale \$.75



Amy's
Frozen Pizza,
assorted
reg \$7.19-9.99
Sale \$4.99-7.29



Chocolove, 3.2 & 1.3oz
Chocolate Bars,
assorted
reg \$2.69 & 1.29
Sale \$1.99 & .99

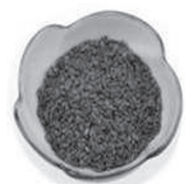


Westbrae
Canned Beans
reg \$2.99
Sale \$2.00



Crofter's
Just Fruit Spreads
reg \$4.39
Sale \$2.79

Co+op Deals, February 15 - 28, 2012:



Bulk
Brown Flax Seeds
reg \$1.79#
Sale \$1.49#



Greek Gods, 24oz
Yogurt, assorted
reg \$3.99
Sale \$3.29



Manna
Frozen Breads,
assorted
reg \$3.99
Sale \$2.79



Choice
Teas, assorted
reg \$4.59
Sale \$2.99



Arrowhead Mills
Pancake/Waffle
Mix
reg \$4.59
Sale \$2.99



Nature's Gate, assorted
Shampoo/Conditioner
reg \$6.39-8.19
Sale \$4.99-5.99

Member Only Specials

February 1 - 28, 2012:



Bulk
Pearled Barley
reg \$1.39#/Sale \$1.25#



Earth Balance
Coconut Butter Spread
reg \$4.39/Sale \$3.95



Udi's Gluten-Free
Muffins, assorted
reg \$6.29/Sale \$5.66



Bragg's assorted
Liquid Aminos
reg \$3.49-7.69
Sale \$3.14-6.92



Crown Prince
Pink Salmon
reg \$3.69/Sale \$3.32

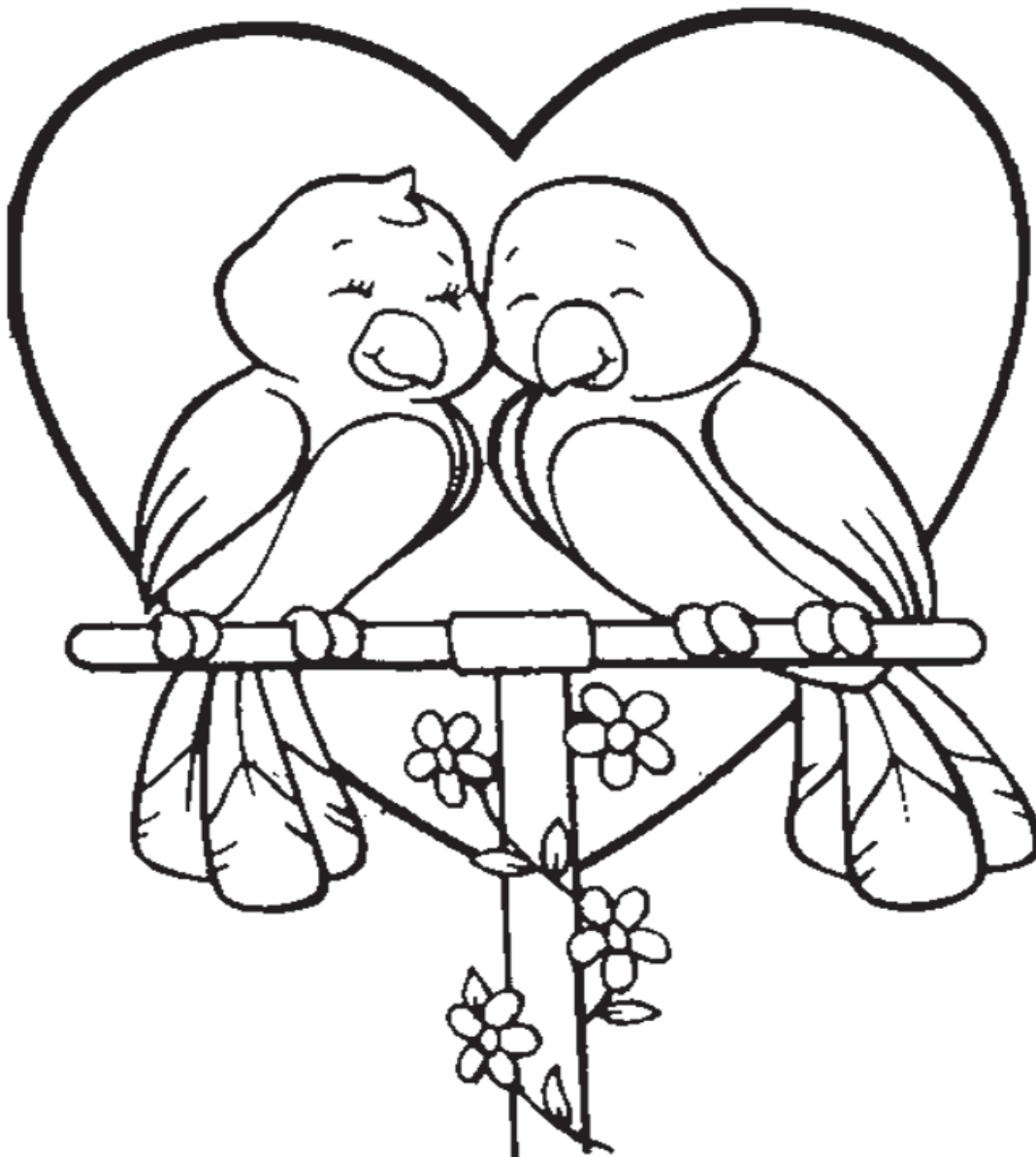


Spectrum, 16oz
Flax Oil
reg \$20.99/Sale \$18.89

Kids' Corner

FREE FRUIT FUN

KIDS, Color this picture and bring it to the Co-op, for a FREE piece of fruit (Produce Staff Selection).



NAME: _____ AGE: _____

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:

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

GROCERY SPECIAL ORDER POLICY

Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CAP and Essentials Program items will no longer be excluded from receiving the discount; however, a case MUST be ordered to receive the special order 10% discount. Membership Matters items sold in cases on the shelves will now receive a 10% discount (instead of 20% discount).

PRODUCE SPECIAL ORDER POLICY

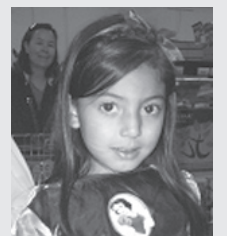
Produce special order deadline is Thursday at 7 pm. The pickup date is conveyed to the customer by the buyer. The only exception of this deadline is when the Co-op is closed on Thursday due to a holiday. Check with the produce managers if this occurs.

CO-OP COMMUNITY ROOM POLICY

Individuals, groups & organizations are welcome to use the community room, as long as one organizer is a co-op member. Seating capacity is 24. Room is not intended for commercial use or events where a fee is charged. Contact Margarita at margarita@silvercityfoodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. **Thank you!**

Co-op Kids:

Que Hermosa!



Food For Thought From the President



Bananas! Today's food for thought is all about bananas—the number-one-selling fruit in our country. Each banana is a delicious, creamy, sweet fruit that you do not have to wash, you just peel and eat. Although I have bought only a few bananas over the past decade, due to my environmental concerns about how far they have to travel to my kitchen, my palate still remembers their delight. Have you thought much about bananas—about where they are grown, how they reach the store, how they so quickly turn from a hard green-and-yellow fruit to a soft yellow-and-brown fruit?

A few years back I heard about the marketing of bananas in the late 1800s. Some people with foresight began importing these tropical fruit and realized that one of their tasks would be convincing Americans—most of whom lived within miles of an apple tree—to make bananas their fruit of choice. Then about two months ago I heard a radio interview with Dan Koeppel, the author of the book *Banana: The Fate of the Fruit That Changed the World* (Hudson Street Press, 2008). I was hooked. I had to find the book and read about the beloved banana. Rather than writing my own analysis I decided to present some of the more fascinating facts that I gleaned from the book. After reading them perhaps you will have a greater admiration for or a greater concern about this delectable fruit.

- Americans eat more bananas per year than apples and oranges combined.
- Bananas are the world's largest fruit crop and the fourth-largest food crop grown overall, surpassed only by wheat, rice, and corn.
- There are over one thousand varieties of bananas worldwide, but most varieties are eaten only in the locale where they are grown.
- Almost all of the bananas exported for consumption are a single variety, called Cavendish.
- All Cavendish bananas are genetically the same, no matter where they are grown, since they are all clones. All bananas are propagated by cloning, since most edible varieties have no seeds.
- The banana tree isn't technically a "tree" at all,

but the world's largest herb.

- The original banana companies, which are direct ancestors of Chiquita and Dole, had to build the infrastructure to bring bananas out of the dense jungle and learn how to delay (and control) the ripening of this fruit throughout its long trip to distant markets.
- During the process of creating enough bananas for a growing export market, rain forest was cleared, railroad track was laid, cities were built, and many workers were needed to work on the banana plantations.
- "Banana Republic" is a term that reflects the excessive influence that banana producers wielded throughout Central America. In order to quell possible land and labor reforms that would hurt the banana industry, the U.S. military intervened in Nicaragua in 1898. Over 30 more instances of U.S. involvement kept the banana-producing region safe and lucrative for banana production.
- The banana industry couldn't survive without cheap bananas, which means they needed cheap labor. This means that workers were often subjected to difficult and exploitive working conditions.
- Bananas remain green and quite tough until they are picked, which means they are able to survive their long journey. The ripening process begins when they are picked but is delayed by keeping the bananas refrigerated. Every banana is predictable and ripens at nearly the same rate. When all goes well, bananas are taken out of cold storage and reach the local markets just as the green color disappears and they turn yellow—they then have about seven days before they begin to turn brown and then rot quickly.
- In the early days Cavendish was not the exported variety; a bigger and more tasty banana, the Gros Michel, was the variety of choice. Unfortunately, by 1960, this variety had completely disappeared due to a blight called the Panama disease, which spread quickly since all Gros Michels were clones.

- This same disease is now attacking the Cavendish bananas and almost everyone studying bananas believes it is only a matter of time before this variety will also disappear.
- Banana scientists have been trying to find or create a new variety of banana for years, one that will meet all the requirements for a successful production banana. So far success has been out of reach. Author Dan Koeppel believes that currently the best hope for a new banana lies in genetic engineering.

With these few details my mind can quickly jump to many of the current concerns about food production. Questions such as the following arise for me: Do I want to know about the conditions of the farm workers who grow and harvest the food I eat? What would I do if I found out that the conditions were very poor or unethical? How do bananas fit into the local foods picture? What do I think about the U.S. military intervening in countries so I can eat a cheap banana (or have cheap oil for my car)? Do I want to eat a food that must be kept in cold storage while it is shipped hundreds or thousands of miles?

I find that the more I know about the food industry, the more it becomes an ethical and political act to grow my own food. Food for thought, indeed.

– SUSAN VAN AUKEN

CUPID AND PSYCHE continued from page 3

"No mortal wit did this," said Venus angrily. "But if you care to prove your readiness, go now, with this little box, down to Proserpina and ask her to enclose in it some of her beauty, for I have grown pale in caring for my wounded son."

It needed not the last taunt to sadden Psyche. She knew that it was not for mortals to go into Hades and return alive; and feeling that Love had forsaken her, she was minded to accept her doom as soon as might be. But even as she hastened towards the descent, another friendly voice detained her. "Stay, Psyche, I know your grief. Only give ear and you shall learn a safe way through all these trials." And the voice went on to tell her how one might avoid all the dangers of Hades and come out unscathed. (But such a secret could not pass from mouth to mouth, with the rest of the story.)

"And be sure," added the voice, "when Proserpina has returned the box, not to open it, however much you may long to do so."

Psyche gave heed, and by this device, whatever it was, she found her way into Hades safely, and made her errand known to Proserpina, and was soon in the upper world again, wearied but hopeful.

"Surely Love has not forgotten me," she said. "But humbled as I am and worn with toil, how shall I ever please him? Venus can never need all the beauty in this casket; and since I use it for Love's sake, it must be right to take some." So saying, she opened the box, heedless as Pandora! The spells

and potions of Hades are not for mortal maids, and no sooner had she inhaled the strange aroma than she fell down like one dead, quite overcome.

But it happened that Love himself was recovered from his wound, and he had secretly fled from his chamber to seek out and rescue Psyche. He found her lying by the wayside; he gathered into the casket what remained of the philter, and awoke his beloved. "Take comfort," he said, smiling. "Return to our mother and do her bidding till I come again."

Away he flew; and while Psyche went cheerily homeward, he hastened up to Olympus, where all the gods sat feasting, and begged them to intercede for him with his angry mother. They heard his story and their hearts were touched. Zeus himself coaxed Venus with kind words till at last she relented, and remembered that anger hurt her beauty, and smiled once more. All the younger gods were for welcoming Psyche at once, and Hermes was sent to bring her hither. The maiden came, a shy newcomer among those bright creatures. She took the cup that Hebe held out to her, drank the divine ambrosia, and became immortal.

Light came to her face like moonrise, two radiant wings sprang from her shoulders; and even as a butterfly bursts from its dull cocoon, so the human Psyche blossomed into immortality. Love took her by the hand, and they were never parted any more.

Board Meeting Schedule

The SCFC Board of Directors meets the second Wednesday of each month in the Co-op Community Room, 4:30-7:30 pm, the agenda for the meeting is posted in the store at least one week prior to the meeting.

Ten minutes is set aside at the beginning of every board meeting for member comments. The time will be divided evenly among those member 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.

Members: If you would like information regarding documents reviewed at the Board meeting please ask a staff person to assist with your request

Silver City Food Co-op Board of Directors

Susan Van Auken, President
Board Term: 2010-2013
susanvanauken@gilanet.com

Gail Rein, Vice President
Board Term: 2011-2014
rein.gail@gmail.com

Meadow Clark, Secretary
Board Term: 2009-2012
meadow@conflictmediation.net

Derek Markham, Treasurer
Board Term: 2010-2013
dman413@gmail.com

Lynno Aldin
Board Term: 2009-2012
lynno@peacemealcoop.com

Tyrone Wright
Board Term: 2009-2012
digablerroots@yahoo.com

Lita Furby
Board Term: 2011-2012
luddite555furby@montana.com

Community Outreach Report

It's February and even though many of you may still be harvesting greens and lettuce planted last year under floating row covers, in cold frames or greenhouses, gardeners everywhere are poised to take off like the spinach and garlic planted in garden beds last fall.

While we try to bide our time waiting for the weather to warm up, we can salivate over seed catalogues and order way too many seeds (again!), turn our compost piles, and attend the NM Organic Farming Conference that takes place every year in February, this year February 17&18 in Albuquerque. (www.farmtotable.org for more info)

Once again, the Silver City Food Co-op is sponsoring this great conference which is billed as "an annual opportunity for producers and researchers from around the southwest to share their experience and expertise." The conference attracts a wide variety of folks: experienced organic growers, conventional growers wanting to make the transition, avid gardeners looking to amp up their production, academic researchers and folks who just want to learn how to grow their own food. In the last few

years, more young people have both attended and presented workshops, very encouraging for the future of agriculture in our region.

This year one of our young local growers, Kyle Skaggs of Frisco Farms, is presenting the workshop: "Farming with Draft Animals" and Sharlene Grunerud of No Cattle Company and former longtime manager of the Silver City Farmers' Market is back again, co-leading the workshop "Bringing 'Em In: Farmers' Market Marketing".

Other 2012 workshops include "Soil 101: How to build a diverse and thriving community of microorganisms in your soil for improved water efficiency, nutrient availability, and reduced disease and insect predation", "Setting up a Cheese Operation", "Ruminant Preventative Health Care", "Maximizing Greenhouse/Hoophouse Production", "Organic Grape Production", "Plant Symptoms: What they tell us and what they don't", "Cover Crop and Green Manure Basics", "Seed Growing 101" and so many more.

Learning is not limited to the workshops. It spills out of the classrooms and continues in hallways,

around vendor booths, over cups of coffee and tea in the hotel lobby, around breakfast and lunch tables, even in elevators and stairways.

While not all of the growers attending are certified organic, everyone shares the values of responsible stewardship of the land and responsible animal husbandry, that take into consideration the health and well being of the whole ecosystem including the soil, water, plants and animals as well as people who are nurtured by them.

The Silver City Co-op supports the NM Organic Farming Conference and also promotes organic agriculture by selling only local or organic produce, providing local and organic options for meat, eggs and dairy and a large selection of organic bulk foods including bulk herbs, spices, coffees and teas. The SCFC also helps growers become certified through the Farm to Co-op Partnering Program, hosts numerous community forums on organic and sustainable agriculture and regularly features articles on this important topic in our monthly newsletter, the Garbanzo Gazette.

— CAROLYN SMITH

Why Buy Organic?

That is the question! If you don't know the farmer who grew or produced the food you are buying, the USDA Certified Organic label assures you of the following:

1. No synthetic pesticides, herbicides or fungicides were used to produce this food.
- Synthetic pesticides are polluting our wells, aquifers, rivers and lakes.
- Pesticide pollution now affects every continent on earth, including Antarctica.
- Pesticides have been shown to cause illness and death in human beings and many other species. Check out the health studies on some of the most common synthetic pesticides: atrazine, organophosphates, Thiodicarb and for a chilling tale of how the herbicide glyphosate (Roundup) "works" check out this link: <http://gmo.mercola.com/> Find more articles on the organicconsumers.com website.
2. Yes eating organic food dramatically reduces the amount of pesticides you consume because organic food production uses sound growing methods such as cultivation, crop rotation, and the use of beneficial insects and/or botanical pesticides instead of solely relying on synthetic

controls.

3. Yes organic food production is better for farmworkers' health.
4. No synthetic fertilizers, synthetic starter solutions or sewage sludge were used to produce this food.
- Synthetic high nitrogen fertilizers made from petroleum have been linked to the dead zones in the Gulf of New Mexico.
- Synthetic fertilizers do not feed the soil.
- Sewage sludge contains heavy metals, lawn pesticides, gas, oil and detergents.
5. Yes the grower has used natural materials such as compost, aged manure, greenmanure crops, fish emulsion, powdered rocks etc. to grow this food.
6. No GE (genetically engineered) seeds or chemically treated seeds were used to produce this food.
7. No irradiation was done to this food.
8. No antibiotics or growth hormones were used to produce this food.
9. Yes it's nutrition rich food because it was pro-

duced in healthy living soil.

- Studies are now showing that organic food contains more micronutrients, anti-oxidants, vitamins, minerals than food produced relying on synthetic fertilizers.
- Organic and grass-fed livestock has 50% less fat, 2-6 times more Omega-3 fatty acids, 3-5 times more conjugated linoleic acid (CLA) and 2-4 times more vitamin E than conventionally produced livestock.
- 10. 10) Yes purchasing organic food is good for the planet.
- Soil under organic management sequesters more carbon.
- Crops under organic management use less water because the healthy soil built up in organic production retains more water.
- Organic agriculture does not contaminate the soil and water.
- Organic management controls soil erosion.
- Organic agriculture uses less petroleum because it does not use synthetic fertilizers that are made from petroleum.

YES! "Organic: There IS a Difference".

ESSENTIAL OILS FOR THE HEART: CALM AND REASSURANCE

--Adapted from Aromatherapy for the Spirit by Gabriel Mojay

Chinese medicine believes that the heart is responsible for the circulation of blood and the health of the blood vessels. If the heart is strong, circulation will be good and all of the body's tissues will be well nourished.

Apart from its role of circulating and "governing" the blood, the heart is the residence of the mind (Shen)--of conscious awareness in all its forms. This may be, for some, an unfamiliar concept, but according to this system, the health of the heart energy has a lot to do with our mental activity. The heart governs our ability to sleep soundly, think clearly, and have a good memory. A well-functioning heart plays a big role in our emotional health and our ability to have meaningful relationships. When heart energy is weak, we may suffer from anxiety, insomnia, forgetfulness, and inability to concentrate. Directing the functions of thinking, feeling, memory, and imagination, the mind is the focus of all mental-emotional activity, and is the source of self-awareness.

As the source of emotional harmony, it is also through the heart that we experience warmth and tenderness. Just as it has always been a symbol of love in many traditions so, according to Oriental medicine it is the organ of love and affection—both

as receiver and giver of emotional warmth.

States of anxiety are commonly linked to an energetic imbalance of the heart. When the heart is deficient, the mind becomes disturbed and loses its settled state of being. This results in feelings of emotional unease. Equally so, long-term emotional pressures that result in chronic anxiety can actually cause problems of a physiological nature. Anxiety, therefore, can be either a cause or a symptom of a disharmony of the heart--in either case, the same essential oils will be of benefit. In the case of anxiety, insecurity, night sweats, and insomnia, the oils of geranium and vetiver come to the rescue. Geranium calms the nervous anxiety of those who are not by nature emotional--the "over-achievers" who have little time for feelings. Vetiver oil is similar, helping to restore a sense of rooted stability to those who feel anxious and "disembodied". Both these oils may be used for fear and "panic attacks".

Rose and palmarosa oils have a cooling, calming, and supportive effect. Rose, in particular, is indicated for deep anxiety, and reassures those who, in emotional distress, cannot bear to be left alone. This oil alleviates anxiety that is caused by fear and insecurity. Like melissa oil, the slightly sour or astringent note in rose oil can be helpful in just such a situation.

Jasmine oil combines a calming effect with a distinctly uplifting one and is especially useful for anxiety when it alternates with feelings of depression. Ylang ylang oil is similar in nature--both in its aroma and energy--though it is better for "sedating"

an extremely restless, racing mind.

Lavender and Melissa oils both sooth the heart and are among the most comforting oils for the mind. While rose and palmarosa are for the abandoned and bereft, lavender and Melissa are best employed for anxiety in those who feel oppressed and suffocated, by situations and other people. They are called for, also, for anxiety that is compounded by a sense of emotional confusion--where there is a conflict of duties and desires, or the feeling of not knowing "where to turn".

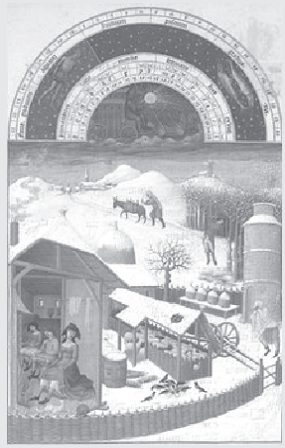
Combined with cypress and neroli, lavender oil may be considered effective, in particular, for anxieties that are expressed through compulsive behavior.

Neroli oil is of benefit for those who cannot confront painful and disturbing emotions--feelings of shame, guilt, or hurt and rage. It helps, above all, to alleviate the anxiety of those who have despaired of finding peace of mind. It not only calms the mind but restores hope to the soul.

Like rose, jasmine, and ylang ylang, neroli oil, in addition, is suitable for feelings of bodily shame. Lavender oil, in contrast, is for those who are anxious for their health or have a tendency toward hypochondria. Spikenard oil, finally, may be used for "spiritual" anxiety--one that is characterized by a loss of faith. It settles and "grounds" both the mind and ethereal soul and renews our trust in life when everything seems pitched against us. Combined with other anxiety-relieving oils, it will contribute a capacity for acceptance and transcendence.



February



FEBRUARY was named after the Latin term februum, which means purification, via the purification ritual Februa held on February 15 (full moon) in the old lunar Roman calendar. January and February were the last two months to be added to the Roman calendar, since the Romans originally considered winter a monthless period. They were added by Numa Pompilius about 713 BC. February remained the last month of the calendar year until the time of the decemvirs (c. 450 BC), when it became the second month. At certain intervals February was truncated to 23 or 24 days; and a 27-day intercalary month, Intercalaris, was inserted immediately after February to realign the year with the seasons.

Under the reforms that instituted the Julian calendar, Intercalaris was abolished, leap years occurred regularly every fourth year, and in leap years February gained a 29th day. Thereafter, it remained the second month of the calendar year, meaning the order that months are displayed (January, February, March, ..., December) within a year-at-a-glance calendar. Even during the Middle Ages, when the numbered Anno Domini year began on March 25 or December 25, the second month was February whenever all twelve months were displayed in order. The Gregorian calendar reforms made slight changes to the system for determining which years were leap years and thus contained a 29-day February.

Historical names for February include the Old English terms Solmonath (mud month) and Kale-monath (named for cabbage) as well as Charlemagne's designation Hornung. In Finnish, the month is called helmikuu, meaning "month of the pearl"; when snow melts on tree branches, it forms droplets, and as these freeze again, they are like pearls of ice. In Polish and Ukrainian, respectively, the month is called luty or лютий, meaning the month of ice or hard frost.

February 2012— *Share Your Love!*

Full Moon 2/7/2012 AT 2:56:10 pm (MST)

New Moon 2/21/2012 at 3:37:09 pm (MST)

STAFF CELEBRATIONS

Anniversaries:

None

Birthdays:

February 2 Margarita Courney

Your Name

by Jessica Blade



I wrote your name in the sky,
but the wind blew it away.

I wrote your name in the sand,
but the waves washed it away.

I wrote your name in my heart,
and forever it will stay.

Co-op Events

February 2012

1 Member Linkage Committee Meeting, 11:30 am-12:30 pm

9 Employee Appreciation Day

14 & 16 Community Forum, "Go Green, Cook Greens," Noon-1 pm both days

15 Monthly Board Meeting, 4:30-7:30 pm

16 Member Appreciation Day, 10% discount to all members all day!

March 2012

7 Member Linkage Committee Meeting, 11:30 am-12:30 pm

11 Daylight Savings Time Begins

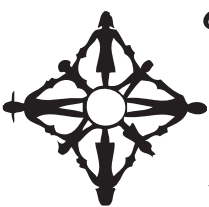
13 & 15 Community Forum, "2012 NM Organic Farming Conference Revisited," Noon-1 pm both days

14 Monthly Board Meeting, 4:30-7:30 pm

20 First Day of Spring

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Food Co-op

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