



Silver City Food Co-op Garbanzo Gazette

VOTE!

Volume 20

❖ Your Monthly Newsletter ❖ October 2020

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.



Double Up Food Bucks Arrives at the Silver City Food Co-op

We're always looking to develop processes that concurrently benefit our communities socially, environmentally, and economically. It's programs that seek to address these three pillars at the same time that most often provide the best opportunities to insure that our actions are both just and sustainable. In order to have the most impact, solutions need to be win, win, win, and the Silver City Food Co-op is excited to announce our participation in a program that seeks to realize progress on each of these levels.

In October we will go live with the Double Up Food Bucks (DUFB) program from the New Mexico Farmers' Market Association (NMFMA). Double Up Food Bucks doubles the value of federal nutrition assistance spent at the Co-op, helping New Mexicans bring home more locally grown fruits and vegetables. In essence, if you are paying for local produce with an EBT card, you will be charged half of the price on the shelf. The Co-op will submit our sales figures to the USDA each month and be reimbursed for the remaining balance.

What this means is that Co-op customers paying with SNAP/EBT benefits will now receive HALF OFF of your purchases of locally grown fruits and vegetables! This program is open to everyone with SNAP/EBT benefits, not just Co-op members. Everyone is welcome. We hope that the Double Up Food Bucks program will recognize several environmental, economic, and social benefits in the community. Here's the vision, full of tiny hopes and possible victories that, bit by bit, inch us toward a community that sustains itself:

From day one of implementation this program makes

local produce more financially accessible to those who might otherwise not purchase it. The idea is that this program also increases the demand for local produce. With increased demand comes increased supply. This eventually means that it takes more work to provide the amount of food needed and more help is hired and/or new growers enter the market. More people producing food in our region is a good thing for everyone.

This program should also make local produce more affordable to customers using SNAP/EBT benefits than produce items delivered to the Co-op from out of state. Your SNAP/EBT dollars go to growers in our community, making our local economy more resilient.

Participation is simple! Look for items at the Co-op marked with the Double Up Food Bucks sticker. This discount applies to New Mexico-grown fruits and vegetables that are unprocessed, dried pinto beans, dried black-eyed peas, dried chile pods that are loose (NOT on a ristra), plants that produce food (ie. veggie starts), cut herbs and herb plants. Food that has been processed in any way (drying, cooking, roasting, etc), pecans, honey, jam, dried beans (except pinto and black eyed peas), dried produce or dried herbs, fermented products, eggs, meat, bread, seafood, cider, nuts, seeds, and maple syrup do not apply to this discount program.

When you're ready to check out at the register, let your cashier know that you'll be paying with your SNAP/EBT benefits and we'll make sure the discount is applied!



by Mike Madigan

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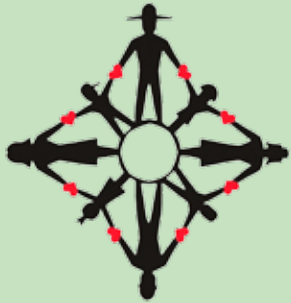


**YOU
ARE
WHAT
YOU
EAT**

October is National Co-op Month!

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop
575.388.2343

Store Hours

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

Vision Statement

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

Seven Cooperative Principles

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

Kevin Waters

General Manager

The Garbanzo Gazette

Editor: Mike Madigan

Guest Writers:

Jennifer Lamborn, Susan Van Auken
RJ Jones, Carolyn Smith, Rick Stansberger
Sue Ann Childers

Staff Writers: Judith Kenney, Kate Stansberger

Layout & Design: Carol Ann Young

Proofreaders: Eric Brown

Submissions are welcomed!

Submit letters, articles, or items of interest to:

judith@silvercityfoodcoop.coop

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I Own a Grocery Store with Some Friends



by Mandy Makinen



I am probably the last person you would expect to own a grocery store, and yet, I do. In fact, I own three. I am a Midwestern, married suburban mother of two, my car is twelve years old and most of my fashion finds come from the thrift store. I don't fit the bill for corporate honcho, and my bank account corroborates that truth.

So how do I manage to own not one but three successful grocery stores? I guess in true "industry disruptor" style, I found a unique solution to a common problem: how to get the kind of food I want, and have my voice heard by a place where I shop. That solution is food co-ops. My local food co-op offers me fresh local food, a way to support my community and the opportunity to invest in the co-op, ensuring it remains a resource in our community for good.

To be honest, I'm mostly in it for the food

I can still remember the first time I tried a fresh, organic and locally grown sugar snap pea. The crisp, tender pod was a shimmering, almost translucent spring green, the texture was light and juicy and crunchy, the flavor sweet and slightly floral in a way that only a freshly picked pea can taste. I had this amazing experience in the produce aisle of my co-op, the specimen unceremoniously thrust at me by a tall guy with a beard and a flannel shirt, the very same guy, it turned out, who had grown the peas, picked them early that morning and brought them to the store to sample to customers, like me.

As a sales technique, it worked, you better believe I bought some. But unpredictably, it had a life-changing effect on me because it opened my eyes to the existence, and value, of locally grown food. It turns out that locally grown food is not just better tasting, it's better for the local economy because it keeps people employed in the rural areas that surround where I live and it's traveled a much shorter distance to arrive on my plate. Another unexpected bonus of buying locally grown food has been that fresher vegetables actually have more plant sugar in them (it's chemistry!) so they have been a much easier sell for my kids. When vegetables taste the way nature intends them, people more naturally enjoy them. It's neat how that works.

Like a boss!

Creating jobs and making investments

Most of us don't expect a lot more than food out of our grocery store, but why shouldn't we? Eating is one of life's greatest pleasures but to be real, it's one of its greatest chores, too. Buying and eating food is not optional, so it makes sense that we should have somewhere to buy food that is just here to help us meet that basic need, not to make money for business executives that live in other states. I don't know about you, but I am tired of sending my money to Wall Street while Main Street closes up shop. Food cooperatives are locally owned by the people that shop there, like me, and my investment means that I get to vote for our board of directors and weigh in on important governance changes. If I wanted to, I could even run for the board!

Even better, when I buy food at my co-op more of the money I spend goes back to the local community via local producers and patronage refunds (a return on your investment, similar to a stock dividend or profit sharing but your amount is proportionate to how much you spend). Also, co-ops provide good jobs, most of them with benefits, to people in my neighborhood. Because co-ops are community-based (and because I'm an owner!) it's easy for me to see how my shopping choices can benefit my community directly.

You can own a food co-op, too

There are many reasons why it's smart and fun (yes, fun!) to shop at and invest in your local food co-op, I could never cover all the reasons here. For me, shopping the co-op is a great way to get the fresh, local and healthy food that I love (plus super tasty treats and snacks!) and at the same time, participate in an organization that is working to meet the needs of my community first and foremost. That community focus will never change as long as it exists, because that's what being a co-op means, and that's what makes it different from other stores.

Just like you don't need a wallet full of Benjamins to own a food co-op, you don't need a Ph.D. to know that co-op ownership just makes sense.



Let's Talk Turkey!

Mary's Certified Organic Turkey



\$3.99 a pound

- Small: 8-12 lbs •
- Medium: 12-16 lbs •
- Large: 16-20 lbs •
- X-Large: 20 + lbs •

**No reservation needed
for turkeys this year.
First come, first serve.**

**Turkey sales begin
Thursday, November 19th.**

We're Hiring!

The Co-op is now accepting
applications
for Cashiers/Stockers

Applications are available on our website
www.silvercityfoodcoop.coop/staff
and in the store

Silver City Food Co-op Staff

<i>Judith Kenney</i> outreach/GG	<i>Marchelle Smith</i> deli
<i>Dougan Hales</i> produce/bulk	<i>Joy Kilpatrick</i> receiver
<i>Kate Stansberger</i> supplement buyer	<i>Judy Kennally</i> deli
<i>Jake Sipko</i> produce manager	<i>Christine Dalmedo</i> produce/grocery
<i>Carol Ann Young</i> office/GG	<i>Melissa Yarbrough</i> wherever needed
<i>Jeanné Miller</i> herb buyer/produce	<i>Tuan Tran</i> wherever needed
<i>Becky Carr</i> dairy buyer	<i>Clorissa Holguin</i> wherever needed
<i>Jess DeMoss</i> POS manager	<i>Eric Brown</i> wherever needed
<i>Misha Engel</i> frozen buyer	<i>Vynce Bourné</i> wherever needed
<i>Marguerite Bellringer</i> finance manager	<i>Kevin Waters</i> gm
<i>Kim Barton</i> POS	<i>Carolyn Smith</i> deli manager
<i>Doug Smith</i> grocery buyer	<i>Anjelica Anaya</i> wherever needed
<i>Tinisha Rodriguez</i> HABA buyer/POS	<i>Lauren Christensen</i> wherever needed
<i>Mike Madigan</i> am	<i>Willem Jepson-Browne</i> wherever needed
<i>Leah Chastain</i> merch. specialist	<i>Kassandra Sedillos</i> wherever needed



Kitchen Meditations

Fall Eggplant, Pistachio & Pomegranate Pizza

Ingredients:

- 1 pizza dough recipe for a 9x13 inch rimmed baking sheet
- 1-2 small eggplants, thinly sliced lengthwise into strips
- Extra virgin olive oil
- Coarse salt
- Red pepper flakes
- ½ cup salted pistachios, chopped
- 1/3 cup crumbled feta cheese
- 1/3 cup pomegranate seeds
- ¼ cup lightly packed cilantro leaves



Directions:

- Preheat oven to 475°. Press dough evenly into your 9x13 pan.
- Arrange slices of eggplant on dough, pressing firmly down.
- Drizzle with olive oil and sprinkle with salt and red-pepper flakes.
- Bake until cooked through and crust is golden on edges and bottom, about 18 minutes.
- Using a sturdy spatula, slide pie onto a cutting board.
- Sprinkle with pistachios, feta, pomegranate seeds and cilantro.
- Slice and serve.



Lemon Butter Fettucine with Parsley & Pine Nuts

Serves 6

Ingredients:

- 1 package of your favorite fettucine pasta
- Butter or olive oil (or other oil of your choice)
- 1 lemon (juice and zest)
- Generous ¼ cup parsley, minced
- Salt and pepper
- 4-5 tablespoons pine nuts or walnuts

Directions:

- Cook pasta per package instructions, then drain
- While pasta is cooking, mince and juice the parsley and zest the lemon
- When pasta is done, heat butter or oil in a large pan
- Add lemon juice and pasta and mix well
- Heat in pan for a couple of minutes until warm
- Stir in parsley, salt and pepper and top with lemon zest
- Sprinkle pine nuts on top after serving

Kabocha Squash Pomegranate Dish

Ingredients:

- 1 Kabocha squash peeling and cut into cubes
- 1 pomegranate broken open
- 1 TBS coconut oil
- 1 TSP Tamari
- 1/2 cup roasted pumpkin seeds
- 1/2 cup freshly chopped herbs (tarragon, oregano, mint, parsley)
- Olive oil
- Sea Salt
- Feta Cheese (optional)

Directions:

- First toss the squash in coconut oil and roast in the oven at 350 degrees until the squash is golden and soft. It takes about 40 minutes depending on how hot your oven gets.
- At the same time you can roast the pumpkin seeds tossed with some olive oil, sea salt and tamari. Roast in the oven for 15 minutes.
- Then assemble the dish by adding the cooked squash, pomegranate seeds, pumpkin seeds, and chopped fresh herbs.
- Toss with ample olive oil, and add sea salt and pepper for taste.

Herb News Fennel Seeds



Born in the Mediterranean, fennel is probably the most widely used aromatic plant in the world. Derived from the dried fruit of the fennel plant, fennel seeds have been popularly used since ancient times. The name fennel comes from the Latin word *Foeniculum*, which means “little hay” in reference to its distinct appearance. Both the plant and seeds are edible, with a pungent, warm aroma and sweet flavor reminiscent of licorice that easily lends itself to many global cuisines, from Chinese Five Spice to Italian sausage and marinara sauce. Fennel seeds can enhance soups, salads, seafood and grain dishes with their aroma and flavor. They’re also a great addition to baked goods and have been used medicinally for thousands of years. Fennel has an incalculable number of uses in the kitchen and medicine cabinet. *Try the following recipe to brew a lovely cup of digestive fennel tea.*

Scoop a teaspoon of the seeds into a cup of freshly boiled water. Cover and allow it to steep for 6-8 minutes. Strain and serve. You can also gently crush the seeds before infusing them. This will facilitate the release of essential oils. High quality fennel is packed with a myriad of valuable compounds, such as calcium, flavonoids, minerals, amino acids and fatty acids. It is believed to enhance memory and intelligence and to soothe the digestion. In a few words, it makes a comforting, palatable herbal tea with great potential health benefits.

Jake's October Produce Picks



Pomegranate

The lovely pomegranate, a garnet-hued orb, filled with a multitude of tangy, edible seeds, is native to a region in modern-day Iran. Grown since ancient times throughout the Middle East and Northern India, this alluring fruit has a special place in the belief systems of that area of the world. It is featured in the Greek myth of Persephone and some biblical scholars have said that the forbidden fruit of the Garden of Eden was actually a pomegranate, not an apple. The wise King Solomon had a graceful pomegranate design carved into the columns of his holy temple. Hindu women, hoping to become pregnant, were encouraged to consume it in all its forms to ensure success and a healthy baby. We now know that women who are pregnant, or seeking to become so, will benefit greatly from the ample amounts of folic acid and Vitamin C that pomegranates provide.

They are, indeed, a nutritional powerhouse. In addition to the aforementioned nutrients, pomegranates are rich in fiber, Vitamin K and potassium and have a valuable anti-inflammatory effect on the body.

Eat pomegranates in any number of dishes. Serve the seeds raw on salads, in sandwiches and cooked with any meal you choose. Enjoy a cup of the juice and reap the benefits! It contains higher levels of anti-oxidants than most other fruit juices, green tea and red wine. Please remember, though, that the juice has a highly concentrated sugar content and is best consumed in moderation.



What Is Kabocha Squash?

Also known as Japanese pumpkin, kabocha is a sweet winter squash with a velvety texture and powerful nutrition. Its bright orange flesh is high in the anti-oxidant beta-carotene, which is converted into vitamin A by the body. The skin, which is very edible, is an excellent source of fiber. Kabocha's true season is late summer to early fall. When selecting your perfect squash, look for one that's heavier than it looks with a rich, deep green exterior. Golden speckles and streaks across the skin are also good indicators of ripeness.

One delicious way to prepare kabocha is to cut it in half (carefully, they're very hard), scoop out the seeds, and slice into wedges. Toss with olive oil, place on a baking sheet, and roast at 400° until soft inside and crispy outside. Try swapping kabocha into recipes that call for pumpkin, butternut squash, or acorn squash. You might like it even better. Its succulent, dense attributes make it perfect braised in stews and curries, simmered with simple seasonings, and pureed into soups.

Becky's October Dairy Pick

Sierra Nevada Smoked Goat Cheese



Sierra Nevada Cheese Co., located in Willows, California, began producing raw milk goat cheeses in 2008. Twelve years later, they are considered experts with their extreme safety procedures, utilized in making organic, raw milk products. All cheeses are handcrafted, using only local, Northern California milk that is guaranteed by our farmers to be free of added hormones and antibiotics. All processes used are traditional, old school in which milk and cultures are all that's needed.

You're in for a creamy treat when you try Sierra Nevada's Smoked Goat Cheese. Rich and nutty with a balanced smoky finish, it's ideal for melting and snacking! It compliments pasta dishes nicely, makes a rustic artisan pizza really special, and perks up your favorite sandwich.

September 30 - November 3 • Members Only • 20 % OFF • In the back Dairy Cooler

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their August service.

Jane Papin • Jennifer Lamborn • Tim Garner
David Burr • Sue Ann Childers
RJ Jones • Tammy Pittman



Calling for Guest Writers!

Do you love your Co-op?
Do you want to help get
the word out
about the issues
facing the Co-op?



We would love your help writing articles
for the Garbanzo Gazette!
Members, if interested please email
judith@silvercityfoodcoop.coop
Three hours earns a 15% Volunteer Discount

Silver City
Food Co-op
Gift Card



Give a
gift card
to a friend!

Give the gift of health,
nourishment and taste.



Round Up Donation Program

The Silver City Food Co-op invites you to "Round Up." This means as a customer you can round up the balance of your total purchase to the nearest dollar, thereby donating that amount to a local non-profit. Donation recipients change every month. Information can be obtained at the cash registers when you check out. Many thanks to our cashiers who make this program work so that we can all give to our community.

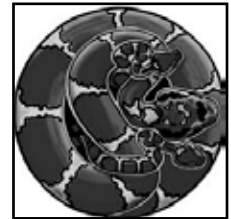
Round Up for October

August
Round Up
\$683.00

Round Up for November

Advocates for Snake Preservation

Advocates for Snake Preservation uses science, education, and advocacy to promote compassionate conservation and coexistence with snakes. An important part of cultivating a responsive environment and healthy community is teaching people how to safely coexist with native wildlife. Their program, Living With Snakes, provides resources to help people live safely with their snake neighbors and appreciate their encounters.



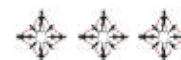
Mimbres Valley Health Action League

The Mimbres Valley Health Action League (MVHAL) would like to thank all Co-op shoppers who contributed to the round-up in August. The money raised will be used to upgrade a sixty-year-old electrical system that is necessary for a new and updated HVAC system at the Roundup Lodge on Acklin Hill Road in Mimbres. With the current system, the lodge is freezing in the winter and boiling in the summer. The Roundup Lodge Booster Club has been fundraising for the past 10 years to fund this upgrade. The total cost is around \$20,000 and every bit helps as we are nearing the goal. The lodge serves as an all volunteer community center that is available for public use during normal, non-Covid times. Again, many thanks to those who donated to the Roundup. We appreciate your support



Southwest Adolescent Group

Southwest Adolescent Group's (SWAG), is to serve area youth by creating, implementing and making accessible programming that will serve to improve their quality of life. The programs will be made available regardless of race, gender, spirituality, sexual orientation, or economic status. They believe the health of our children is essential to the health of our community in both the present and in the future. Our community cannot thrive if we don't set our kids up for success. Their work is focused on helping Grant County adolescents achieve this success by helping meet their educational, vocational, emotional and recreational needs.



Round Up Applications Accepted NOW!

It's time for ROUND UP submissions!
The application process is open now through October 31st,
so if you are a community non-profit seeking a financial boost,
start getting ready to apply!

Now's the time! The Round Up program is a way for the Silver City Food Co-op to give back to our community. We introduced the Round Up Program in 2017 and have since raised \$57,530 for organizations in Grant County. October begins the process to award Round Up donations to nonprofit organizations (NPG) based in Grant County. The Round Up portal located on the co-op's website is now ready to receive applications for NPGs to be selected for the year of 2021! During every transaction, at the end of their purchase, our customers can donate their change to a local organization making a difference in Grant County! Our motto is "Customer change for community change!" Each November, next year's calendar of rotating monthly recipients will be selected. One organization is chosen for each month and all donations given during that month are awarded to that recipient.

So, if you work with, or know of local non-profits that could use a financial boost (probably all of them in these shifting times), let them know about the very quick and easy application!

Our selection process will favor organizations that:

- are in alignment with our mission to provide healthy food and products and support local and organic growers/vendors in a just, responsible, and sustainable manner
- are connected with downtown Silver City
- have a history of Member support via round-up
- use this funding for projects that serve our community

**A simple application is available
now through October 31st
online at www.silvercityfoodcoop.coop
Chosen recipients will be announced in December of 2020.**



**Renew
your membership
and reap
the rewards!**

**MAD four times a year!
Members Only Specials!
Discounts on Special Orders!
You'll be supporting our local
& regional food shed &
you'll help to build a resilient local economy.
*You Own It!***

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



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

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!**



October is Co-op Month!

Co-op month has been celebrated annually in October for more than half a century. It is a time for cooperative businesses to reflect on their shared principles and to educate others about the value of belonging to a cooperative.

Here's Why I Love Our Co-op!

Every time I see this bumper sticker, I smile: I own a grocery store with my friends.

Thirty plus years ago, when I first stepped into the co-op natural foods store at the corner of Sixth and Bullard, I saw a mere glimmer of the store it has become today, but it had what I needed: organic grains, beans, and flour; yogurt, cheese, and tofu; a decent supply of organic packaged food; good chocolate!

Since then, when time to shop for food, I've loved being able to say, "I'm going to the Co-op today!" True comfort in these words; no big grocery store for me!

Taking an active role in the co-op was a joy: writing for the Garbanzo Gazette, serving on the board of directors, and becoming the Co-op's president. The niche I found serving the co-op has given me so much over the years!

The intrinsic value of the cooperative business model serves us all: the member-owners who shop here, the wonderful staff who work here, the general manager who oversees the operations, and the board of directors who provide guidance through the creation of policy. When this business model runs smoothly, our co-op has thrived; when encountering turbulence, or bumps in

the road, it has weathered the storms until our co-op thrives once again!

I am amazed by our co-op's stability even while it inevitably changes: in its composition of staff and managers, who all work hard while here and leave their imprints when they go; in gaining new members and losing those who move away, but always growing; in directors' terms, sometimes short and sometimes long. So many of us love the co-op! Perhaps this has to do with the cooperative feeling that is more about WE than ME.

So much to be thankful for! Member Appreciation Days (MAD), Co-op Basics, monthly sales, special orders, many locally grown and produced items and others that support small farmers and fair trade practices, and much more.

Over these more than thirty years, the Silver City Food Co-op has been my only grocery store, by choice. I give thanks to all who have nurtured our cooperative over many decades and helped to make the store a thriving and friendly place to shop for healthy fresh food.

by Susan Van Auken



What Our Co-op Means to Me

One of the reasons I moved to Silver City was the Silver City Food Co-op. Not just because of the store, which is fabulous, but because of the store's history. When I discovered that the local community had championed a food co-op for 46 continuous years I thought, "Created and then supported for all these years by the citizens of Grant County? This must be a special place to live!"

And I was right. This little town has proven to be as welcoming as its food cooperative hinted it would be. So, am I a member? You bet. I joined the first day I went in to buy some leafy greens. There was a cool vibe inside, the good stuff I was looking for, and a friendly cashier.

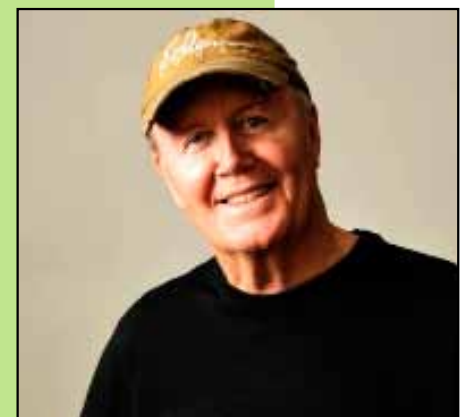
Of course, it's the people that make Silver City and its Co-op so special. And the Co-op cares about people. You can see it in the way they quickly implemented and continue to maintain safety procedures concerning Covid-19.

Over time I've discovered that the Co-op's forward-thinking atmosphere and spirit is found in other places. It's a spirit that influences the ever-changing facades of Bullard Street, the way our town government works, and the art that makes our community so special . . . a spirit that began in the Gila and influenced the designs of the pre-historic Mimbres culture.

Having a co-op in town means being able to pop in and grab a Vegan Tempeh Ruben sandwich (and chocolate ball!) at lunchtime. It means having a place to do my weekly shopping. On MAD days (Membership Appreciation Days), my membership chops 10% off the total price of my purchase. I appreciate the savings. Last week, I ordered a case of almond milk and a case of black beans. Buy in bulk; get a discount!

Our Co-op also means evolution to me. I follow with anticipation every bit of news about our new building on Pope Street and about the expanded goods and services that will someday be offered there. It's gonna be a spacious and groovy hang. Oh, c'mon people, groovy hasn't become old-fashioned. Has it?

by RJ Jones



Co-ops are the Future

While serving as the Silver City Food Co-op's Community Outreach Coordinator, one of my previous employee incarnations, I attended a workshop in 2014 sponsored by La Montanita Co-op in Albuquerque which included a lecture by Gar Alperovitz, American historian, political economist, activist and writer, discussing his recent book *What Then Must We Do*. In this book, he presents the real possibility of changing our current economic system to one that does not measure success, only in terms of profits and losses, but also takes into account how best to serve the community as a whole. Gar Alperovitz believes that cooperatives have a real role to play as part of the building blocks for this new economic system. He cited many worldwide successes such as the Mondragon Corporation in the Basque region of Spain, a leader in the cooperative movement since 1956 and the Evergreen Cooperatives of Cleveland Ohio, a global model for creating more sustainable regional economies.

The National Cooperative Business Association Clusa International (NCBA CLUSA) whose vision includes working "to build a better world and a more inclusive economy that empowers people to contribute to shared prosperity and well-being for themselves and future generations", cites the following facts on their website: nbaclusa.coop: there are 3 million cooperatives around the world, 12% of the human population are members of a co-op, 10% of the world's population are employed by co-ops, and in the United States there are 65,000 co-ops, with one out of every 3 people a co-op member.

As the United Nations Secretary General Ban Ki-moon said, "Cooperatives are a reminder to the international community that it is possible to pur-

sue both economic viability and social responsibility" and there are many reasons why co-ops make a difference to the communities they serve.

Co-ops place people and the planet over profits and they are democratically run: every member's opinions have the same weight, co-ops are inclusive: anyone can join and ownership belongs equally to all of its members, co-ops as a business model offer their members limited liability and they survive even after the founding members move away or pass on, co-ops provide products or services that might not otherwise be available and a successful co-op helps the local economy by providing good jobs, buying and selling products from local farmers and producers, and supporting other local businesses. Co-ops also give back to their community through donations and partnerships with other organizations.

There's nothing fringe about these statistics, goals and services. Cooperatives may just be the seed for a new economic system that benefits humans and the whole planet and as a member of our co-op you are part of this movement. Now that's something to celebrate!!!

Go online and check out the great things cooperatives are already doing around the world and check out Gar Alperovitz on YouTube or pick up one of his many acclaimed books to learn about a path towards a better future.



by Carolyn Smith

Not Just a Grocery Store

by Jennifer Lamborn

Years ago, overwhelmed by the conflicting demands of customers, staff and the Board, the former GM of Food Conspiracy Co-op in Tucson hissed, "It's just a grocery store!" On one hand, from a purely business point of view, she was right. Food co-ops sell groceries, and the GM must concern herself primarily with the viability of the business in an increasingly competitive market. On the other hand, from an ideological point of view, she was wrong: today's food co-ops represent a long history of working-class people struggling to empower themselves and their communities in the face of economic and food injustices. (Yet, we should also acknowledge that members today join food co-ops for myriad reasons rooted in their own needs, principles, and dogmas.)

I joined my first food co-op in 1982. "Our Store" was a small, low rent basement in a college town. Most of the space was taken up by bulk foods stored in tins, wooden barrels, and metal garbage cans. Labels were hand-written. Art covered the walls. There was a bookcase overflowing with free books about food, the environment, politics, and eastern philosophies. Membership entailed volunteering one's time in order to buy food as close to wholesale cost as possible. There were free classes ranging from yoga and meditation to workshops in healthy cooking, composting and environmentalism. By joining the co-op, I became part of a hard-working, diverse, egalitarian, and revolutionary community. Working and shopping there satisfied my desire for clean, plant-based food choices as well as my growing sense that the economics of food provided an excellent way to better grapple with broader ethical and political questions.

Seven co-ops and many changes later, I still believe that the presence of a food co-op in town offers value beyond access to whole foods. I still believe that growing, buying and preparing food is more about relationships than it is about delivering nutrients to the body. Fused into every bite we eat is not only soil, sunshine, and seed but someone's labor, working conditions, and wages. Because of these ethical and political implications, we need food co-ops: they offer us the venue to collectively confront difficult questions of social and environmental justice as well as simply celebrate our abundance.

I am indebted to the founders, staff and Board of the SCFC for creating and maintaining not just a grocery store but a principled social endeavor, one that offers us a potentially subversive way of "doing business" where the health of our human and nonhuman community is valued more than money.



Update: Recycling at the Co-op

by Sue Ann Childers

April 1970 – the first Earth Day and we were on our way to Reduce, Reuse, Recycle. Well, recycling opportunities throughout communities have certainly been Reduced! Now you see it, now you don't!

The Silver City Food Co-op developed their own in-house recycling program when Grant County recycling was reduced both in volume and convenience, resulting in the collection of only cardboard, tin and aluminum cans at the county landfill. I signed on as a volunteer in September 2019 to help sort, bag, and transport recyclables.

The Co-op recycles aluminum, steel, chip board, cardboard, glass, and paper. We are currently stockpiling industrial plastic film such as shrink wrap and pallet wrap while researching avenues to recycle this plastic film menace. Plastic film goes the way of "solid" plastics, as in never! We are currently corresponding with the Materials Account Manager at Trex Company, Inc., the composite decking company, and the Public Affairs and Government relations representative at Albetsons' SW Division Headquarters for assistance in recycling out plastic film. Trex buys the bundled plastic film from participating retailers such as Albertson's.

Chip board and cardboard are picked up and recycled at the landfill by Waste Management. Catalogs, bulk rice, bean and flour bags, advertising, office paper, coin wrappers, outdated Garbanzo Gazettes, expired coupons packaging, register receipts, brown paper bags – if it's paper it's recyclable. It is then shredded on site once a month by the shredding company, SOS Document Shredding and eventually composted in New Mexico vineyards.

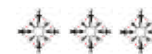
Paper shredded in the Co-op's office shredder is taken to The Commons Center for Food Security and Sustainability once a week to use in their gardens for

weed control between garden rows (area is wetted, layered with shredded paper, wetted, layered with leaves and wetted). They are able to accept one bag a week from us as this is a new initiative.

Recycling opportunities are ever changing and evolving. The Co-op is now subscribing to the new, privately run curbside recycling program, Trash to Treasure. Individuals and businesses are eligible to subscribe. When you do, you support a convenient, financially viable young company whose goal it is "to divert reusable and recyclable items (paper, plastic, metal, cardboard, glass, and compostable kitchen waste) from the landfill and turn them into valuable commodities and useful products." Our glass, aluminum, plastic, and steel all go to Trash to Treasure. For a complete description of Trash to Treasure, please go to t2t.green.

For the community at large, on the last Saturday of each month, Silver City Recycles has a manned drop-off location for clean, unbroken glass, plastic containers (#1, #2, and #5) and tin and aluminum cans. Hours are from 10-12 at 305 S. Bullard St. Please remove all caps and plastic inserts and separate out blue glass. For detailed information or to volunteer, visit silvercitynmrecycles@gmail.com.

I have been recycling since 1975, whether at home or away. My husband and I find recycling locations throughout our travels. I'm very grateful for the Silver City Food Co-op in-house recycling program and the dedicated staff who make it possible.



Autumn in Stark County

for James Wright

a poem
by Rick Stansberger



*Corn
in
rows*

*and
then
the ghosts*

*of corn
in
rows*

We're Hiring!

The Co-op is now accepting
applications
for Cashiers/Stockers

Applications are available on our website
www.silvercityfoodcoop.coop/staff
and in the store

Health & Wellness

NEWS

Help for Anxiety

Are you uneasy, worried, tense, troubled, disquieted, alarmed, fearful? Whatever words you use to describe your current state of anxiety, we have a number of remedies at the Co-op to help ease your feelings.

by *Kate Stansberger*

In the supplement department, browse the shelves where “mood” products live. *Some examples are:*

Sedalia



Made by *Boiron*, this quick dissolving tablet temporarily relieves nervousness, hypersensitivity, irritability and fatigue due to stress. It does not affect alertness, so many people have found it effective in situations where they need to stay calm, yet focused.

Anxiety Soother

Soothe the jitters with this herbal tincture from *HerbPharm*. Designed to support your body’s response to moments of anxiety, this broad-spectrum formula is a blend of a number of well-known and researched herbs, recognized for their relaxing properties.



Rescue Remedy

Exactly the same formula as when it was developed more than 80 years ago, *Rescue Remedy* has become a daily essential for many folks who have found it helpful for staying serene and collected during stressful times. It’s been found to be conducive for a number of situations that might result in emotional distress. The Co-op carries it in several different forms, from liquid to lozenges.



Anxious Moment

Another *HerbPharm* product, Anxious Moment is available in a one ounce spray bottle designed for ease of use to tuck into a pocket or purse. It’s a different formula from Anxiety Soother, but a game-changer for many people who need help achieving emotional tranquility. We could all use some assistance with that!



In our body care section, check out the bubble baths, Epsom salts (especially the “Everyone” brand with eucalyptus and citrus) and “Ancient Minerals” magnesium bath flakes.

Be nice to yourself!

STAFF PICKS!

Antioxidant Rich



As our door attendant, Will Jepsom-Browne is almost always the first person that customers see when they walk through the front door of the Co-op. His is a critical new position, created specifically to make sure that we keep the number of shoppers in the store to a safe number, eight or under, and to sanitize hand baskets after each use. To give him the get-up-and-go to stay on top of the rapidly changing conditions at the front of the store, Will likes the original Sambazon Amazon Energy Drink, rich in antioxidants (super high in vitamin C) and powered by yerba mate, green tea and guarana. On his days off, you'll find our door man hiking, fishing or enjoying time at his family's cabin. When asked to tell something about himself that most people don't know, he shared, "I was adopted at birth." Thanks Will, and welcome to the Co-op!



by Judith Kenney

Deli Delish



You've seen Mike everywhere in the store, pursuing his varied tasks as assistant manager but, away from the Co-op, his life turns around "being a good dad to my daughter in a way that teaches her to be kind, brave, and full of adventure. It's my favorite thing to do!" His now-number-one product is "the Hungry Burrito w/Cheese (from our deli kitchen). I bake it for 10 minutes (foil on) at 450°, then take off the foil and put it back in the oven for another 3-4 minutes. Then I cover it with Karuna Kitchen pea shoots and chopped Poco Loco tomatoes, both found in our produce department, and Mi Ranchito Pico de Gallo. Yum!" Mike's dream is "to sail across the Atlantic to Spain one day," nurturing his own sense of adventure.



For Hardworking Feet



Tinisha, the Co-op's awesome buyer for our Health and Beauty Aids department, loves Fab Foot Cream, made locally by Monica Rude of Desert Woman Botanicals. If you live in a high, dry climate, you need it! It's not just a summer thing. "The texture feels so good on my skin. I use it on my feet, of course, but also on my hands. It really helps my cuticles. Once winter comes around, my hands tend to dry out and crack, so I use this amazing stuff!" Tinisha thrives on being outdoors, "especially by any body of water is my absolute favorite." Fab Foot Cream would certainly help out with the wear and tear that comes from being in and out of water in our dry climate. Also, if you're washing your hands a lot in this time of Covid, it can really soothe stressed-out skin. Tinisha enjoys activities with loved ones. "I come from a large family, so family is very important to me. I spend as much time with them as I can."



Tips for a Greener Laundry Routine



As you might expect, there is a lot of water that goes into the process of washing our clothes. On top of water usage, the detergents, soaps and fabric conditioners that we use often contain chemicals that are harmful to the planet. Some can be toxic to aquatic life and damaging to the biodiversity of our earth's waters. Then there's the amount of energy used to dry clothes. It is estimated that Americans spend about \$9 billion per year in energy consumption, just to dry their clothes.

If you're looking to make eco-conscious changes at home, your laundry routine is a great place to start. Not only will adopting earth-friendly laundry habits add up to reduced environmental impact, it will mean cost savings for you and less wear and tear to your garments. It might feel like doing laundry in an environmentally friendly fashion is next to impossible, but there are some important ways to cut down on your impact with each wash. These are workable practices that most people can implement in order to lower the burden placed on the planet.

Taking care to wash and dry garments and other household fabrics in a more sustainable way contributes to an eco-conscious home. Here are a few ways to make your laundry routine a bit greener.

Wash Less

One of the easiest ways to cut down on the impact of your laundry is to simply do it less often. If you aren't participating in an activity that leaves you sweaty and/or covered with dirt, you can give "sun washing" a try. Simply hang clothing outdoors to air out, when the weather permits.

Wash Clothes in Cooler Temperatures

Hot water for showers, laundry, and dishwashing consumes a quarter of residential energy used worldwide. Laundering experts all now agree that cold water is good for most garments and most detergents, so go forth and wash cool or cold!

Avoid Shedding Microplastics

Microplastics, tiny particles of plastic less than 5mm in length, are a big problem for marine life. Part of the microplastic concentration in our oceans comes from laundry wastewater, presumably from loads that contain synthetic fabrics like fleece. To cut down on microplastics in your wash, consider purchasing a bag made just for this purpose that captures these fibers in the wash. Also, look for clothes made from natural fibers like cotton, linen, hemp, and wool.

How do You Dry Your Laundry?

Air dry your clothes. Dryers are such energy hogs! Maybe try a hybrid approach by tumble drying laundry for 10 minutes and then hanging outside to dry. Use your dryer wisely. Dry towels and heavy items separately from those that are lightweight. This makes for speedier drying times.



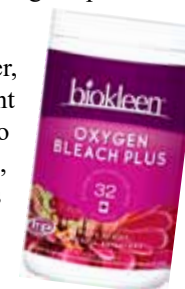
Tammy uses both Defunkify and Biokleen for the Co-op's laundry.

Our laundry volunteer, Tammy Pittman, is a true believer when it comes to Defunkify laundry powder and Biokleen Oxygen Bleach.



Defunkify is a company aligned with solid principles of sustainability. They source ingredients domestically to reduce emissions and concentrate their formulas, never using fillers, to reduce total consumption. To help protect the ecosystem, Defunkify applies innovative toxicity testing. In addition, eliminating carbon emissions and investing in carbon-free technologies are fundamental to their operation. What a great company! As they say on their website, "The purchases we make matter, and we hope our commitment to protecting the planet is a reason you choose Defunkify."

To safely fight stains and brighten colors, Biokleen Oxygen Bleach Plus powder, contains fabric and water conditioners, grapefruit seed extract and special detergent boosters. Artificial colors and fragrances are never used in their formula. It also works well to remove odors and most household stains. Never tested on animals, Biokleen is committed to producing effective plant and mineral-based cleaners with a passion for innovation and a dedication to performance and to customers and their families, pets and our planet.





From Your Board . . .

Recent Board Retreat Plans the Way Forward

Our food cooperative is governed by a board of individual directors, who together supervise the work of the General Manager (GM) responsible for operations of the store and the maintenance of four buildings, which are owned by the cooperative. The board acts by consensus, meaning policies and decisions are made cooperatively with agreement of the directors. Any particular action can be blocked by any two directors who disagree, assuring that decisions are made with a great deal of “Give and Take” required to achieve a compromise. This deliberation can take time; however, it assures that important decisions are made with great care and consideration. Such describes the current progress as our co-op contemplates our imminent future and possible move to a new building. We continue to make progress, moving forward incrementally, but with great impact.

Each year, the co-op’s board and managers meet during a weekend retreat designed to strengthen relationships by helping us to get to know one another and strengthen our bonds. Then, together as a team, we enter a dialogue on



Our general manager and board members meet at Bear Mountain Lodge for their annual retreat.

the big topics facing us in the upcoming year. This process helps to clear the fog of uncertainty and gives the board a clear line of sight toward our goals. During our meeting we set a plan of action and build forward momentum toward a focused achievement.

Our retreat in August was facilitated by Columinate consultant, Martha Whitman. Columinate is a national consulting cooperative serving food co-ops, electric co-ops, health-care organizations, credit unions, schools, and nonprofits. Columinate helps cooperatives manage the most critical issues they face, including strategic planning, marketing, leadership development, retail operations, technology, feasibility and viability, and governance, as well as diversity & inclusion. Columinate’s technical guidance is part of a holistic approach to governing and managing our food cooperative.

The primary topic for the August retreat was the pending, final decision to expand the store and move to a new location. This discussion began with a presentation for our new board members about the Pope Street building purchase, expansion research and planning by the board president, Shanti Ceane. Previously, an expansion committee was convened that conferred with several experts including attorneys, project managers, architects, bankers, etc. Our past Interim GM, Garland McQueen, prepared a detailed equipment list (e.g., refrigerators) and a grocery consultant designed a potential store layout. Also completed was a market analysis that reported a favorable assessment for the additional sales revenue required to finance construction. Afterwards Kevin Waters (our GM) presented his proposal for the Pope Street project.

Together the board and the GM have developed a to-do list that will help define the scope and implications of an expansion project. We have developed a list of statements that, once ensured to be true and properly vetted, will ensure that the Co-op has a solid foundation for success. Following are some of these statements that the Board has under consideration ;



Board President Shanti Ceane with Martha Whitman, Columinate consultant





*Shanti Ceane
President*



*Julianna Flynn
Vice President*



*Scott Zager
Treasurer*



*Emma McKinley
Secretary*



*Kristin Lundgren
Member*



*Gwen Lacy
Member*



*Tuan Tran
Member*



*Susan Golightly
Member*



*New board member, Tuan Tran,
enjoying his first board retreat.*

- The project aligns with our mission and vision.
- We have strong systems of communication with our staff and membership.
- We have strong systems of communication with our community.
- We have discussed the risks of this particular project and the risks of doing nothing and staying where we are on Bullard Street.
- We understand the implications of the pro forma in terms of goals, debt service, and profitability.
- We know what success will look like for the Co-op.
- We have the talent to do the expansion and the talent to keep current operations strong during, and after, an expansion.
- We have a timeline that identifies milestones.
- We have considered the impact of COVID 19 and the larger economy.
- We have been given and reviewed cash flow projections.
- We have explored a green infrastructure.

In summary, the board and management met to break bread, gain more familiarity with one another, and discuss the future. We then developed an action plan towards making a final decision on the expansion, and then, for moving forward once a decision has been made. The process followed during the retreat will help ensure that the expansion project is fully aligned with our Mission, Vision, and Guiding Principles.



*A relaxing moment for board member
Gwen Lacy*



Recruiting Board Members in Training

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

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

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

WE LOOK FORWARD TO HEARING FROM YOU!

Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at our new building, 907 N. Pope St. 5:30 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.

Shanti Ceane/President
Board Term: 2018-2021

Julianna Flynn/Vice President
Board Term: 2019-2022

Scott Zager/Treasurer
Board Term: 2019-2022

Emma McKinley/Secretary
Board Term: 2020-2023

Kristin Lundgren/Member
Board Term: 2019-2021

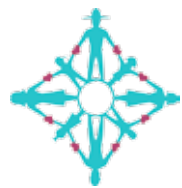
Gwen Lacy/Member
Board Term: 2019-2022

Tuan Tran/Member
Board Term: 2020-2023

Susan Golightly/Member
Board Term: 2020-2021

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

Board of Directors



October

Members Only Specials September 30 - November 3

20% OFF! listed prices



Sierra Nevada
Bella Capra
Smoked Goat Cheese
6 oz
reg \$6.69



Emperor's Kitchen
Chopped Ginger
4.5 oz
reg \$3.99



M.D. Science Lab
Hand Sanitizer
3 oz
reg \$3.29



Manna
Carrot Raisin Bread
14 oz
reg \$4.39



Boiron
Arnicare Arthritis
60 tablets
reg \$11.99



Sushi Sonic
Wasabi Powder
1.5 oz
reg \$9.29



M.D. Science Lab
Hand Sanitizer
12 oz
reg \$6.79



Emperor's Kitchen
Chopped Garlic
4.5 oz
reg \$3.59



Lakewood
Aloe Vera Gel
32 oz
reg \$7.99



American Health
Acidophilus
Plain, 16 oz
reg \$15.99



Co-op Deals
flyers
available
on our website
www.silvercityfoodcoop.coop
and at the front of the store

