

the Garbanzo Gazette

Volume 14

monthly newsletter of the Silver City Food Co-op

Celebrating our 40th Anniversary

by Judith Kenney

Our Co-op was one of many begun in the 1970's that gave birth to and nurtured the market for natural foods. SCFC traces its roots to 1974 when a small group of pioneering locals (many of whom still inhabit the area) joined together as a members-only buying club to purchase affordable whole foods. Whole wheat flour, a variety of grains, and tubs of honey were among the first foods delivered in bulk quantities by a mix of trucking collectives out of Tucson. The buying club operated out of Beth Menczer's checkbook and orders were split up at the "store," which was actually the back porch of Susan and David Berry's residence, an elegant structure built by one-time chairman of the Grant County commission, Isaac Cohen, in 1882. During open hours, the co-op was manned, or womanned, by two volunteers, and the entire operation was run by committee. There were open-the-store, pick-up-the-money, ordering, inventory, and physical plant committees. There was even, at one point, a mouse committee which was comprised of David Berry and his cat!

In 1976 the first paid coordinator was hired at \$2.36 per hour for 16 hours a week. Although trucking problems developed, various enterprising and energetic folk, like Jerry Matthews (still a frequent shopper at SCFC) made the Tucson run in their own vehicles. In that same year, the co-op started Silver City's first recycling center on the Texas side of the store. Recyclables were taken to Tucson when the food order was picked up. All these

years later, Susan Berry says that she and David still find remnants of glass from the center.

By 1977 the co-op had moved to a storefront at 108 East Broadway, open to members and non-members alike. Jim Goodkind was manager at that time and deliveries were coming from Tucson every four weeks. The bulk bin system, designed by Jack Brennan and Tom Mershon, featured five-gallon metal buckets with self-closing lids.

Business was thriving, the Tucson truck was now delivering every two weeks and, in 1979, local attorney David Lane processed the paperwork necessary to allow us to function as a non-profit organization. After years of dedication, Jim Goodkind resigned as manager and the co-op went through a series of co-managers during the next year and a half. The early '80s were a turbulent time for the co-op. Some workers were dedicated to the cause but there was far more work than people to do it. There were cash flow problems, too many empty shelves, and ongoing financial challenges. Ed Anthes (manager for five years) and Pamela Patrick, who managed with energy and devotion for a total of 15 years, helped bring the co-op through and out of this difficult time.

In 1985, while business revitalized and sales continued to rise, the co-op moved to our current location at 520 N. Bullard Street and four years later the Silver City Food Co-op purchased the building. In the early '90's, many necessary repairs and

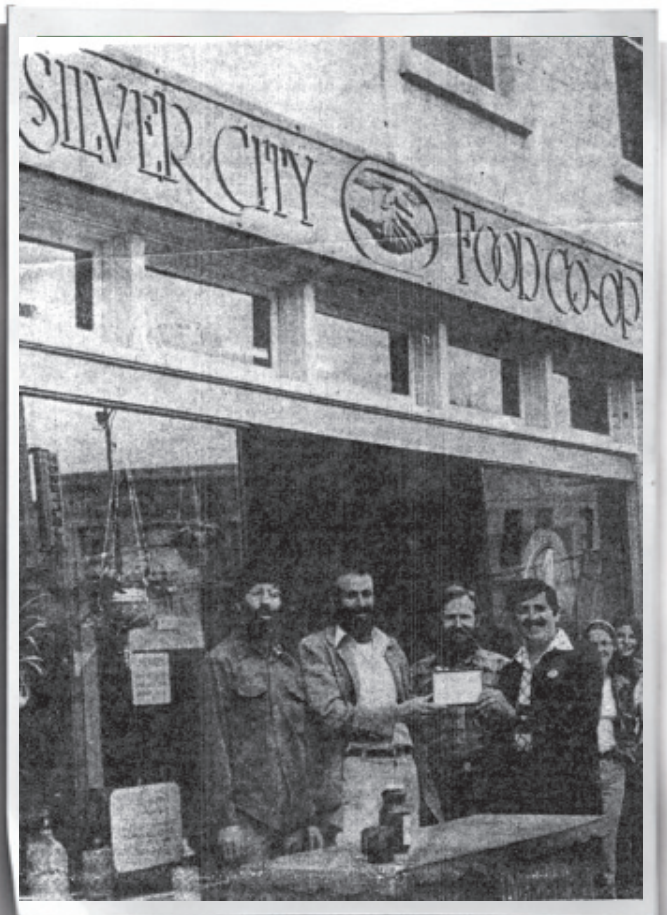
upgrades were completed on the structure.

The kitchen was completed by the end of 1992 and soon a big push was on to get more produce into the store, resulting in the wonderful array of fruits and veggies that we are able to offer our customers today. Pamela hired Kathleen Wigley as assistant manager in 1994 forming what turned out to be an extraordinarily effective leadership team for the store. Kathleen took over as manager in 1997 (necessity had called Pamela away to attend to family matters) and served the co-op and community in that capacity until 2008. Doug Zilm took over as head of the store for three years after Kathleen's departure and Joe Zwiebach is now leading SCFC into the future. Over the years, our co-op has continued to thrive and adapt to changing conditions thanks to the support of our member/owners, the community at large, and our fabulous staff!

This short article just touches on some of the highlights of our

Co-op's history but, throughout our 40th anniversary year, there will be more articles and celebrations to look forward to. Please stay tuned! ✦

(Many thanks to Betty Mishuk and Pamela Patrick whose previous writings on the early Co-op years provided most of the information contained in this article)



*The Co-op's first storefront in 1977
at 108 West Broadway*

In This Issue

Page 2

Cup o' Joe
Navigate
the Co-op

Page 3

Yoga & Health

Page 4

Kitchen Meditations
Sprouts

Page 5

Co-op Deals
Monthly Specials
Kids' Corner

Page 6

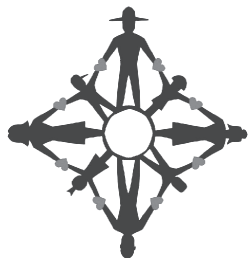
From Your Board...

Page 7

Outreach Report

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.com

575-388-2343

Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

Ends Statement

Because of all that we do, our member-owners, our food co-op, and our extended community will gain and maintain health.

Seven Cooperative Principles

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

Staff

Joseph Patrick
Judith Kenney
Bob Lee
Tyrone Wright
Carolyn Smith
Tracey Franco
Dougan Hales
Jake Sipko
Kate Stansberger
Carol Ann Young
Margarita Courney
Jeanné Miller
Becky Carr
Vicki Gadberry
Lennie Buckingham
Jess DeMoss
Meggie Dexter
Brian Bates
Misha Engel
Kevin Fast
Glenn Thayer
Mary Giardina
Carol Kay Lindsey
Richelle Price
Dan Jameson
Jenny Morgan
Joe Z
Marguerite Bellringer
Kim Barton
Eric Lynch
Michael Sauber
Jim Miller
Mia Crandell
Doug Smith
Paul Slattery
Monica Hoepfer

Annual Co-op Equity

\$10.00

Kids under 18 and living at home FREE

The Garbanzo Gazette Gang

Editor: Margarita Courney

Contributors: Judith Kenney & Carolyn Smith

Layout & Design: Carol Young & Meggie Dexter

Submissions are welcomed!

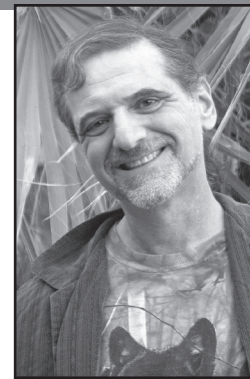
Submit letters, articles, or items of interest to:

gg@silvercityfoodcoop.com

©2014 Garbanzo Gazette

All Rights Reserved. Articles published in this newsletter do not necessarily reflect the views of the board, management, or staff of the Co-op.

Cup o' Joe



by Joe Z

Well, Happy New Year and Happy 40th Anniversary! 40 years sure is a long time. At least that's what I thought in 1974 as I peered into the distant future through 17 year old eyes. The adventures that awaited would be teaming with excitement. And where would our world be? What wondrous new inventions might appear to alleviate pain, struggle and strife? How would the human condition improve?

Judging by looking backwards from that point to 1934, the advances would be astonishing. 1934 was such a different world from '74. It existed through grainy looking black and white films and photos depicting sad looking people as they waddled through the streets looking for work during the great depression. They wore clothes that were impractical though common and universal human rights were still struggling to gain a foothold. Of course there was the Marx Brothers, the Three Stooges, Eleanor Roosevelt and Fred Astaire so there were some redeeming values. But that 1934 world was so irrelevant to where we were it seemed to me.

That 1930's world gave way to a global war that was so crazy, so unimaginable, so destructive that those living through it must have thought that it was the end of the world or at least modern civilization. The world didn't end but it was the beginning of a "reset". Fueled by prosperity and the new TV, mores and values were rethought and changed culminating in the colorful decade known as "the 60s".

I was too young to participate in the 60s but it was hard not to observe all that was happening. There was so much that was crammed into that decade: civil rights, women's rights, race riots, the Vietnam war and the draft, assassinations, the sexual revolution, the incredible music, environmental awareness, the tossing of prescribed dress, the Free Speech movement, the popularization of mind altering substances, Hare Krishna, the Space Race with its moon landing finale, demonstrations galore and Tiny Tim. Society changed. Minds were opened. The decade was turbulent but necessary and we are still reveling in the fruit that it bore.

By 1974 - it was all done. The draft was over. Nixon resigned. Disco emerged. And we were all wondering what the next step would be. Quietly, something was emerging from the mire and that was the New Wave Co-ops. Small groups of idealistic folks - most of them very young - were banding together to provide an alternative to the supermarkets and corporate control of our food supply. Dedicated and determined, they formed buying clubs of which many evolved into full-fledged Co-operative stores. The New Wave Co-ops are credited with beginning the Natural Food Movement that continues to grow with corporate sell-out Whole Foods leading the way

It wasn't all smooth sailing. Co-ops attract very caring individuals who have all the answers. The problem was that when we have a group of these folks, ideas clash and tempers can flair. Working together cooperatively was/is a great idea but no one is actually trained how to do this. We come from a hierarchical military mind-set

society which thrives on competition. Co-ops wanted something different but it's easier changing thoughts than putting it into action.

None-the-less, Co-ops have grown with some stores generating over 30 million in sales serving thousands of people.

Few foresaw this in the '70s as these poorly capitalized ventures run by inexperienced, idealistic, battling, young folks obviously had little chance of success. Many did in fact fail.

But has our society changed much since 1974? We have more electronic toys which is all good and fun but have we made any massive advances as we did between 1934 and 1974. To me, it seems that intellectually, we are still exploring and refining what we've learned in the 60's. Some could argue that we are actually backsliding. Corporate dominance of our markets and our governments continues unabated. Amazingly, this is accepted by the masses as they throng to Walmarts all over the globe. Our overpopulated world of 4 billion in 1974 is upwards of 7 billion now with no end in sight (though that, thankfully, is not evident in Silver City). Violence, though not on the scale as in years past, is still readily embraced as the cure to conflict. Tolerance of others is still mightily strained. Our food supply is contaminated with GMOs that are not designed to increase health but to increase the wealth of companies. Economic democracy is still an intriguing idea with little application anywhere.

So where are we going as we celebrate our 40th anniversary? What does the next 40 years look like? We have grown steadily from a tiny buying club to a secure vibrant business serving 2000 members and generating jobs and revenue for our community. Is this it? Do we just tread water from now on? What are our aspirations? Are we still trying to change the world as the New Wave Co-ops originally intended to do? Will we become undifferentiated from capitalistic entities who are only concerned with market share and increasing profits at any cost? Or worse, will we just be bought out by them or destroyed by the average consumer's desire to save a dime regardless of the consequences (again, witness Walmart).

In 40 more years, I'll be 97 and will probably need a power assisted Mountain Bike to make it up the steeper hills (grumbling all the way). But as we celebrate our then 80th anniversary, I anticipate I'll see a store with 3 times the gross revenues and serving over 6000 members. We will be influential in local politics and our business will be a model that many will want to emulate. We will be the epitome of empowerment of the average person and will have learned new ways to govern ourselves based on the human heart and created by the imagination of the human mind. Our future is so bright, it's almost blinding. Once again, Happy 40th Anniversary! We are truly blessed. ✨

Navigate
the Co-op with the dot system

089125501005
Quinoa Mac & Cheese Org
Ancient Harvest \$3.69
8 oz
14 Packaged Grocery

Local Yellow

Essentials Program Blue

Gluten Free Orange

Yoga, as we know, has become a very popular form of exercise these days. Almost anywhere we go, whether city or town (big or small), we can find yoga classes being offered. Often, when we are in search of a yoga class to attend, we find they are advertised as being a particular style, such as Ashtanga, Bikrim, Hatha, Anusara, etc.

What do these words mean? What's the difference between them? Where did they come from? Most of these styles are, within the history of yoga, very new (within the last 70 years or so). Yoga, on the other hand, is very old (3-4 thousand years). These "styles" generally represent variations on traditional yoga.

The question is: which one is for you? Which is appropriate for your particular needs? What "style" of Yoga should you consider practicing?

Before answering that question (and before reviewing some of these styles to see which might be the style you're looking for - that's best for you), let's go back and look at the origins of yoga and outline its development to the present day.

The beginning of yoga takes us back to the ancient Vedic texts (seals actually) of the Indus Valley Civilization. Dating around 2500 BCE, we find figures depicted in what we now recognize as common yoga meditation poses. Depictions of Vedic priests in yoga body postures also suggest that yoga was part of this ancient tradition. Breath control and curbing the mind, the foundations of traditional yoga practice, were fundamental to Vedic ritual.

The term "yoga" first appears in Hindu scripture around 400 BCE. It is associated with steady control of the senses and cessation of mental activity. Note here: while we commonly think of yoga as a physical activity, it is, traditionally speaking, more a practice of the mind than it is a physical practice.

The systematic 'organization' of yoga comes with Patanjali who wrote "The Yoga Sutras" (dating varies from 300 BCE to 100 CE). "Sutra" literally means "thread" or "aphorism" which is defined as a "terse-ly phrased statement of truth." As such, "The Yoga Sutras" consist of 198 statements grouped into four 'books'. It's here that we find the "8 Limbs of Yoga". (Again, note that physical practice - asana - is only one part of yoga practice.) These eight practices are:

- Yama: how we ethically relate to the world through "The Five Abstentions"
- Niyama: how we ethically relate to ourselves (or inner world) through "The Five Observances"
- Asana: The discipline of the body
- Pranayama: the control and extension of the breath
- Pratyahara: the withdrawal of the senses
- Dharna: fixing one's attention on a single object
- Dhyana: the undisturbed flow of thought on a single object
- Samadhi: merging of consciousness with the object of meditation

Since Patanjali, the practice of yoga has been practiced in India and amongst those who, through Buddhism, Jainism, and other spiritual traditions, practiced what we recognize as similar approaches to 'enlightenment'. It's not until the 20th century when such teachers as Sri Krishnamacharya and Paramahansa Yogananda carried the teachings of yoga (or were carried by their students) beyond India and to the west.

Sri Krishnamacharya is perhaps the most influential in the popularization of yoga in the west through his students such as BKS Iyengar, Pattabhi Jois, A.G. Mo-

han, and T.K.V Desikachar, each respectively developing the styles known today as "Hatha", "Ashtanga", "Svastha", and "Viniyoga". There are many other styles.

Perhaps some of these sound familiar. These (and others) are the 'approaches' to yoga upon which many yoga teachers base their teaching.

So, what are these approaches and which one is most suited for you? Let's review just a few of these approaches to get an idea of the vast range that's out there (these are very abbreviated descriptions). Iyengar's 'Hatha' approach focuses on asana and the alignment of the spine; Jois' "Ashtanga" yoga emphasizes on the correct performance of the third "limb" (posture) through asana practice. The practice is very exact (and exacting); Mohan's "Svastha" emphasizes adapting breath work (pranayama), asana, meditation, chanting, and even Ayurveda (more on that in another article) to the specific needs of each individual. As such, it's a 'therapeutic' approach to yoga; Desikachar's "Viniyoga" is similar to Svastha, in that the yoga practice is adapted to fit the individuality and particular situation of each practitioner. With most all approaches, the breath is central to the practice. Breath - the awareness and movement of the breath - is at the heart of yoga, no matter the "style".

In the west, there is a great emphasis on asana (movement) and, quite often, when you go to a yoga class you spend your session moving the body from one pose (asana) to another. We see this in Iyengar based classes ('Hatha' style) and Ashtanga classes. If strengthening, stretching and toning your body is what you have in mind, these are the "styles" you want to look for.

However, if you are looking for a class that includes, along with asana, learning particular breath techniques (pranayama) that help to calm or energize the mind (and body), that include meditation (also to focus the mind), and even chanting, then Svastha or Viniyoga might be more what you're looking for. These styles are, in fact, more closely aligned with the tradition of yoga, as yoga was, from the beginning, a discipline of the mind. The discipline of the body was seen, traditionally, as a way to prepare for meditation. Interestingly, the Sanskrit word "asana" means "to sit". In other words, asana was a preparation for sitting - a preparation for meditation. So the real question is: what kind of yoga practice are you looking for? What do you want to get out of a yoga practice? A practice that is more body oriented or one that is body/mind oriented? Once you have a sense of what you want out of a practice, then it's simply a matter of trying a class, (or talking with the yoga instructor before hand) and seeing if the class is aligned with your needs, goals, and interests.

My recommendation is to 'sample' different yoga classes that are offered in your area before making a decision about where (and with whom) you want to practice. While it is important to find an approach that's aligned with the kind of goals and needs you have with regard to practicing yoga, it is equally important (if not more) to find a yoga teacher that you are comfortable with and has, let's call it, a "vibe" to their teaching that feels good to you. Relatedly, you will find that if you take three different classes that the different instructors describe as "Hatha yoga" (for example), you will find that there is quite likely, as many differences in the way the three classes are taught as there are similarities.

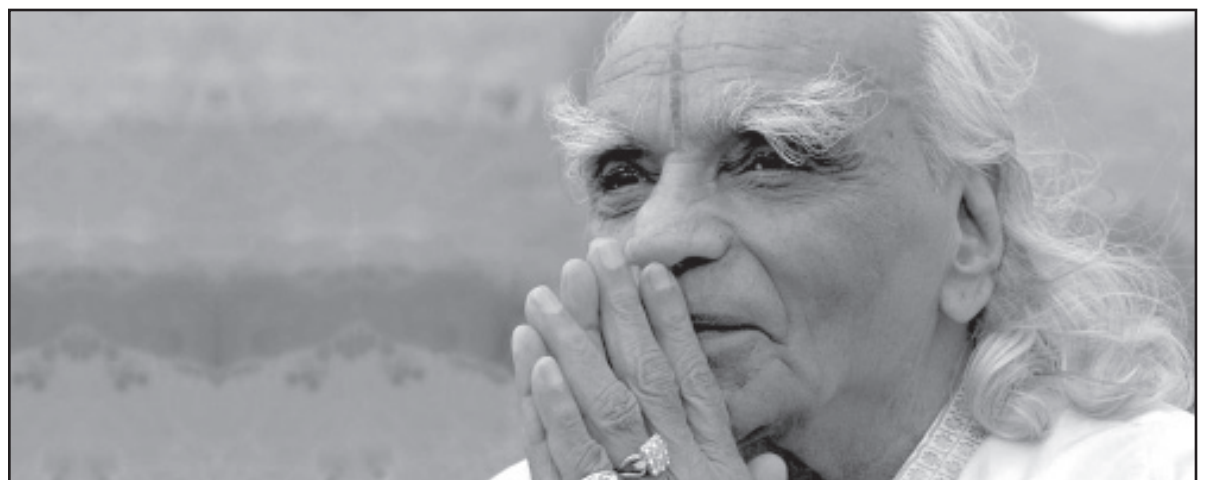
One final word of caution: people getting injured in yoga classes has reached epidemic proportions in America (and elsewhere). My sense is that this is, in part, due to the great emphasis on asana (movement) combined with the inherently competitive nature of western culture. We're all out there on the mat trying to outdo each other, comparing ourselves with one another, and trying to "perform" so we can "strike a (yoga) pose" like we see on the cover of Yoga Journal. To add to this, there are many instructors who feel it is their prerogative to literally push the student's body into the "correct" position, whether that person is capable of taking on that position or not.

In truth, there is no reason that anyone should ever get hurt practicing yoga. If we go back to the tradition of yoga and Patanjali's "Yoga Sutras", it's eminently clear that we start from where we are (that is, from our present physical/psychological state of being), and proceed slowly and carefully (actually, caringly) from there. If you feel at any point in your class that you are being forced to do things that you feel are not acknowledging, "where you are", you are risking injury. This is not what yoga is about. It's about acceptance, understanding, and receptivity. As far from "competitive" as you can be....

So choose wisely and use your instincts when choosing a yoga class to attend. If you do, it's likely that you will quickly recognize the benefits of practicing yoga. This is a practice that has persisted for thousands of years for a reason: it is profoundly effective in promoting health - both physical and mental. Yoga is a practice that can, in very basic terms, simply make you feel physically (and mentally) better. On a deeper level, the ongoing practice of yoga can reveal aspects of the self that are nothing short of revelatory.

More on that in the next installment of 'Yoga & Health'! ❖

[Matthew Sommerville teaches Svastha yoga and offers yoga therapy in Silver City. For more information call 575-956-9988 or go to: www.yogahridaya.com]



B.K.S. Iyengar



KITCHEN MEDITATIONS

LENTIL TABOULI SALAD

- 3 cups green lentil sprouts
- 1 bunch green scallions
- 2 bunches parsley, chopped
- 1 small bunch celery, chopped
- 2 cucumbers finely chopped
- 3-4 Medium tomatoes chopped

In large bowl, mix all ingredients. Toss with salt, fresh cracked pepper, lemon juice and olive oil to taste. Serve well chilled wrapped in green leaf lettuce leaves.

ODE TO CHANG KUNG

- 3 cups raw flat egg noodles, cooked in salted water, drained
- 3 stalks fresh broccoli, thinly sliced
- 1 large onion, sliced
- 1/2 lb. fresh mushrooms
- 1 lb. fresh mung bean sprouts
- 1/2 cup each – sliced water chestnuts & bamboo shoots
- 1/2 lb. tofu, cut into chunks
- 2 TB sesame oil
- 3 TB sunflower oil
- 1/4 cup sherry
- 1/4 cup tamari

- 1/2 tsp ginger, freshly grated
 - 1/2 tsp dry mustard
 - toasted sesame seeds, for garnish
 - toasted cashews, for garnish
 - scallions, for garnish
 - green pepper, for garnish
- Sauté onions, broccoli, ginger and mushrooms in oils until tender. Add remaining ingredients, except garnishes; toss to mix and heat thoroughly. Top with toasted sesame seeds and cashews, chopped scallions and green peppers.

GADO GADO

- 1 cup onion, chopped
- 2 cloves garlic, crushed
- 1 cup pure peanut butter
- 1 TB honey
- 1/4 tsp cayenne, or to taste
- juice of 1 lemon
- 2 tsp ginger root, freshly grated
- 1 bay leaf
- 1 TB cider vinegar
- 3 cups water
- 1 tsp salt
- dash of tamari
- 2 TB butter for frying

In a saucepan, cook onions, garlic, bay leaf and ginger in butter, lightly salted. When onion becomes translucent, add remaining ingredients, and mix thoroughly. Simmer on lowest possible heat 30 minutes, stirring occasionally.

Underneath the Sauce:

The sauce goes over an arrangement of cooked and raw vegetables. Base arrangement on a bed of fresh spinach. Following are recommended vegetables and garnishes:

Steamed or raw – shredded cabbage, carrot slices, celery slices, broccoli flowerets, whole green beans; fresh raw mung bean sprouts, tofu chunks sautéed in oil with sesame seeds, slices of hard-boiled egg.

Garnish with – a drizzle of sesame oil, apples, lemons, oranges, raisins, toasted seeds and nuts.

MARCH HARE

- 3 cups cottage cheese
 - 2 TB toasted sesame seeds
 - 1/4 cup toasted sunflower seeds
 - 1 carrot, diced
 - 1 tomato, diced
 - 1 scallion, diced
 - 1 green pepper, diced
 - 1 stalk celery, diced
 - 1 cucumber, diced
 - 1/2 cup parsley, chopped
 - lots of fresh alfalfa sprouts
 - juice of 1/2 lemon
 - salt and black pepper
 - boiled egg, chopped
 - toasted nuts
 - black olives, chopped
- Combine all ingredients and chill.

SPROUTS

IN GARLIC BUTTER

- 2 TB butter
- 2 TB peanut or sesame oil
- 1 large onion, chopped
- 4-8 cloves garlic, minced
- 1 small jalapeno, minced
- 1/4 tsp cayenne
- 2 cups sprouted garbanzo beans
- 3+ TB wine or broth
- toasted sesame oil

In a wok, heat 1 TB butter and oil over high heat for 1-2 minutes; add onion, garlic, chili, and cayenne, stir-fry for a minute; add garbanzo sprouts and stir-fry for 1 minute – be careful not to let anything burn.

Add wine or broth, reduce heat to low and simmer 2-3 minutes; add more wine or broth if you prefer more sauce; remove from heat, add remaining butter, and stir to coat well.

Transfer to serving dish and drizzle with toasted sesame oil; serve over rice or noodles.



Simple Sprouting For Great Nutrition

from *Wild World of Bulk*

What is sprouting?

Sprouting is soaking a seed to initiate germination, awakening the life within. Sprouts are among the healthiest foods you can eat.

Why sprout?

- Nutritional content increases dramatically; Vitamin and mineral content doubles or triples. Digestibility is increased; Sprouting pre-digests the seed. Carbohydrates and proteins are changed as the seed uses them for germination. Complex carbs are turned into simple sugars, and proteins are changed to free amino acids and peptides. Living enzymes are activated, which assist in digestion.
- Delicious and fun; Sprouting is like a mini harvest of fresh veggies. Produce spicy, exciting flavors from mustard and alfalfa seed.
- Easier on allergies; When wheat or other seeds are sprouted, they seldom produce an allergic reaction as they do in the whole form for some people.

What to sprout?

Any unbroken, uncooked seed can be sprouted (a seed's hull should be intact). For instance, pearled barley won't work).

- Best beans to sprout: garbanzo, kidney, mung, adzuki, pinto, lentil
- Best seeds to sprout: alfalfa, clover, radish, mustard, fenugreek (spicy)
- Best grains to sprout: whole barley, wheat berries, kamut berries, rye
- Best nuts to sprout: almonds, sunflower, filberts

How to enjoy sprouts?

• Raw: in salads, on sandwiches, toppings for soups or over pilaf grains; seeds and beans can be pureed to make pates, like sprouted hummus

• Cooked: sprouted beans are best cooked. Stir-fry, lightly steam or add to prepared foods like veggie burgers, nut loafs or casseroles. Sprouted grains can be ground and used as a flour substitute.

What's Needed & How to Grow Sprouts:

- Quart Glass jar(s) or Sprouting Jar(s)
 - Piece of cheesecloth or clean nylon stocking
 - String or rubber band
 - Large Bowl with Cover (for larger beans/grains)
 - Stainless Steel Strainer
- For one quart of finished sprouts, measure seeds as follows:
- Small seeds: 2-3 rounded tablespoons
 - Medium seeds: 1/4-1/2 cup
 - Large beans and grains: 1 cup
 - Sunflower seeds: 2 cups

Place the seeds in the glass jar. Place larger beans/grains in a bowl

Cover seeds 8-12 hours; medium seeds 10-16 hours; large 12-24 hours

After the initial soak, secure the cheesecloth, nylon or sprout lid over the opening of the jar with a string or rubber band. Strain the water out of the jar through the fabric (the seeds will remain in the jar) or through the wire strainer, if using the

bowl method.

Some folks like to drink the soaking water as a nutrient tea – or use it for watering houseplants.

Rinse the seeds thoroughly through the top of the jar or the strainer. Immediately pour out the water and drain well.

Continue rinsing the seeds 2-3 times a day for 5-7 days (4-5 days in warm climates), until the sprouts have grown to the length you want. The sprouts should not early fill the jar. Wrap the jar or bowl in a towel for the first 1-3 days to keep out the light. This will sweeten the sprouts' flavor. For the last 2-3 days, let the sunlight into your sprouts to activate their green chlorophyll. Seeds will develop green leaves; starchy beans and grains will develop white shoots.

Drain your sprouts well, and they will keep in the refrigerator for about 7 days.



January Sales

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

January 1-January 21



Bulk
Regular Rolled Oats
reg \$1.49#
SALE \$1.39#



Brown Cow
Yogurt
32 oz, assorted
reg \$3.49
SALE \$2.50



Cascadian Farms
Frozen Vegetables
assorted
reg \$2.89
SALE \$2.00



Enjoy Life
Crunchy
Flax Cereal
reg \$3.99
SALE \$2.69

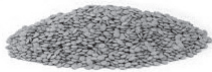


Avalon
Shampoo/Conditioner
assorted
reg \$9.19
SALE \$5.99



Nutrition
PB 8
vegetarian, 60 tab
reg \$14.99
SALE \$8.69

January 22-February 4



Bulk
Green Lentils
reg \$1.79#
SALE \$1.59#



Earth Balance
Natural
Buttery Spread
reg \$4.89
SALE \$3.39



Sunshine
Garden
Herb Burger
reg \$4.69
SALE \$3.49



C20
Pure Coconut Water
17.5 oz
reg \$2.49
SALE \$1.69



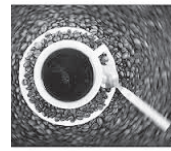
Jason
Hand & Body
Lotion
assorted
reg \$8.49
SALE \$5.99



American Health
Acidophilus
assorted
reg \$10.49-13.49
SALE \$5.99-9.39

Member Only Specials

January 1-February 4



Bulk
Equal Exchange
Coffee
assorted
reg \$12.69#
SALE \$8.99#



Organic Valley
Cottage Cheese
16 oz
reg \$4.49
SALE \$3.99



Rising Moon
Ravioli
assorted
reg \$4.39
SALE \$3.99



Organicville
Pasta Sauce
assorted
reg \$5.19
SALE \$4.69



Radius Right
Adult Toothbrush
reg \$8.69
SALE \$7.89

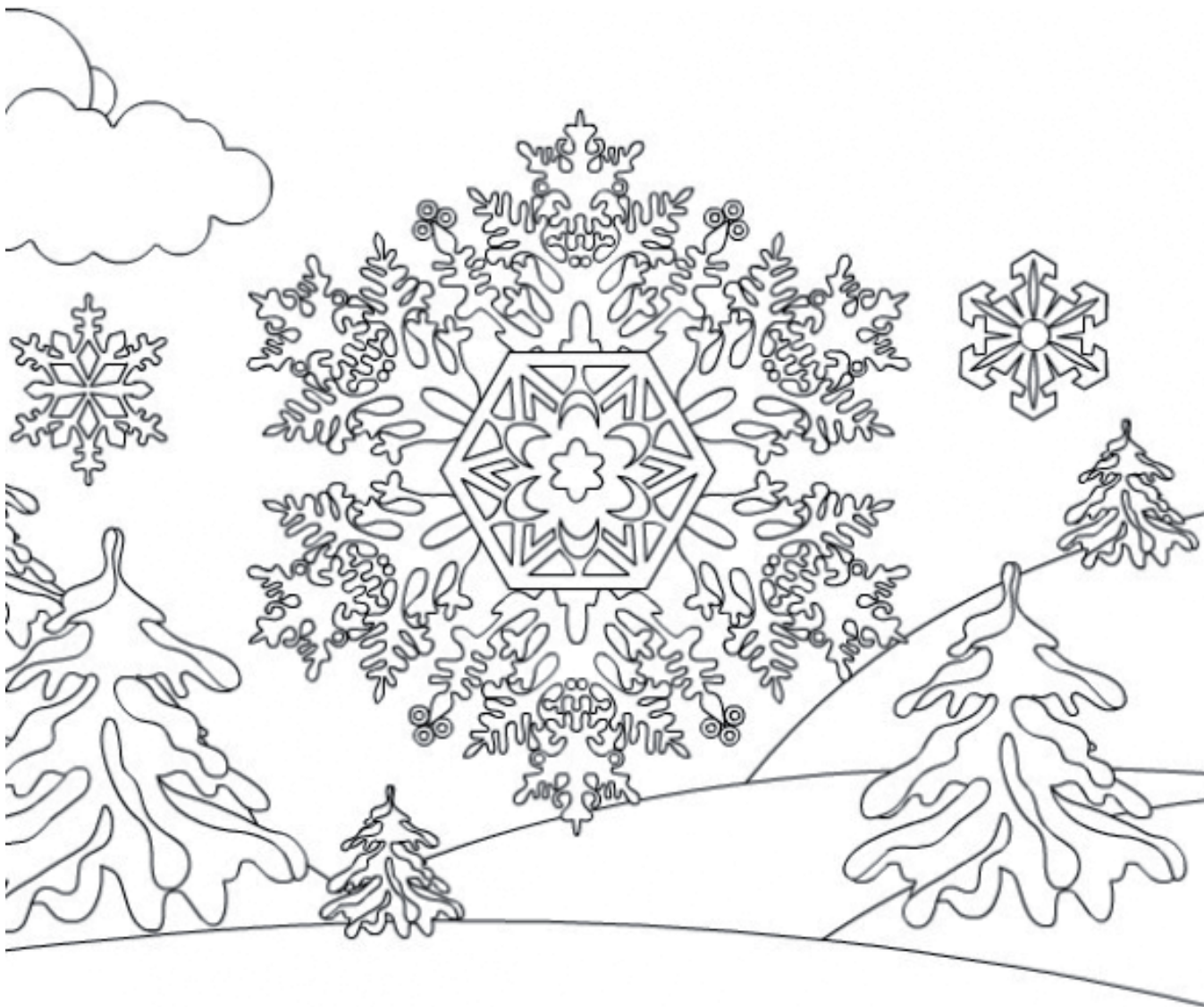


Hylands
Cold/Cough for Kids
4 oz
reg \$9.99
SALE \$8.99

Kids' Corner

FREE FRUIT FUN

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



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

GROCERY SPECIAL ORDER POLICY

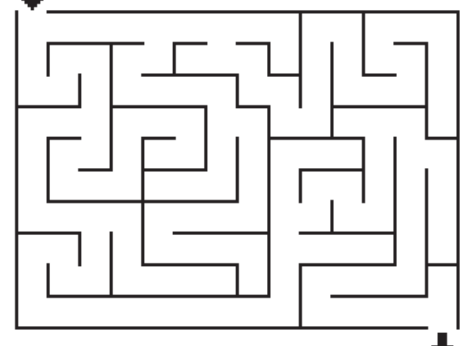
Members receive a 10% off shelf price discount on special orders of case quantity in ALL departments. HABA and Supplements will receive the 10% discount when the quantity ordered is at least six (of the same item). Cases of local meat must weigh 10 pounds or more to receive the discount. All CAP and 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: margarita@silvercity-foodcoop.com or call the Co-op at (575) 388-2343. Please allow 7 days to receive confirmation of your request. *Thank you!*



NAME: _____ AGE: _____

From Your Board...

FOOD FOR THOUGHT *by Susan Van Auken*



Okay, here is a question for you. How do you make plans for your future? And when you make plans, do they often or always turn out as you envisioned? Are you satisfied with your planning efforts? I know for myself that sometimes the plans I spent much time pondering and preparing for turn out way different than I expected. Other times, I might have had an inkling of an idea about something, then a pathway opened for me, and without much ado I chose that new path and my life changed. Still other times, something I did not wish for landed in my lap, and my focus in life changed, at least for the time it took to remove the unwanted visitor from my lap.

I mention these questions about personal planning, because for several years now the co-op's board of directors has been considering the future of our co-op and our store, and the process has challenged me. The board has pursued several different avenues in order to gather information relevant to planning for our future. In 2010 for a full year, we had a study and discussion program at each board meeting. In 2011, we had a world café discussion at the general membership meeting and an extensive dot survey in the store using the results of the world café. In 2012, a board committee followed a visioning process as a trial run, and then we set visioning aside while we searched for and hired a general manager. And in 2013, after allowing Joe Z time to acclimate to his new position, we again began to discuss our "vision" for the future of the co-op.

Now, a vision for the co-op might fo-

cus on the store, but it also could focus on our education efforts (one of the co-op's purposes as stated in the by-laws), on food production, on member benefits and opportunities, or on other areas in which a co-op like ours might want to be engaged. The seven members of the co-op's board have struggled with both defining "vision" and also deciding what we would like to see as the vision for our co-op. Our discussions recently and rather quickly became focused on the space needs of the co-op when we learned that a couple of buildings near our current location might become available.

Over the past few years, many of the ideas that we have gathered from members about what they would like to see in the future for our co-op included suggestions that require additional space – space for more products, space for a deli, space for a sit-down café, space for another cash register, as well as space for a variety of other interests. We also hear from many members that they want the co-op to stay downtown. Some want the co-op to stay in the same building. We have many members, many ideas, and many differences of opinion.

However, it seems obvious that our current retail space does present limitations. After all, two people stopping to talk in an aisle can create a traffic jam. So, at our October retreat, the board and Joe Z reviewed four possibilities: renovating our current store in an attempt to create more retail space; moving some parts of the co-op (e.g., offices, community room) to a remote location so more room might be opened up for retail space;

opening a satellite store somewhere else in town; and moving the entire store to a new, larger building location. For each scenario, we began the process of considering pros and cons, financial ramifications, and how the co-op as a whole might be affected.

Obvious points were discussed, such as our current buildings just do not have the space for a full deli; some rather major infrastructure work needs to take place in our store if we stay put for any length of time; and having some aspect of the co-op in a remote location presents certain operational difficulties. In addition to these kinds of considerations, the board must fully examine the financial implications of any options it considers. We need to look at the current sales trend, which is rather flat, and decide what this means in terms of potential for growth and change. We need to consider whether we want and are able to take on additional debt.

As I ponder these various considerations, I also have thoughts that range farther from the specific details of our co-op. When I hear that people want greater product selection, I wonder what these additional products will be and where they will come from. Will these products come from afar on cargo ships? Will these products have environmentally friendly packaging? When I think about loans and finances, I won-

der about the stability of the national and global financial system we have all taken for granted for so many years. And when I read the recommendations in the latest report from International Panel on Climate Change (you know the one that says we have to do something now), I wonder whether that admonition applies to the decisions our co-op makes for the future. Of course, I know other board members have their own set of wonderings . . .

As I said in the beginning, change can come for a variety of reasons. As a board, we need to consider doors that open, educate ourselves fully, be cautious as we proceed, and ponder deeply what we think is the best path for our co-op and all its members. ✦

Volunteer Discount Policy

Members who volunteer for 3 hours of work receive a 15% discount on all purchases for one day. Discounts must be used within the same calendar year of their volunteer work.

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

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.

Silver City Food Co-op Board of Directors

Susan Van Auken/President
Board Term: 2013-2016
susanvanauken@gilinet.com

Carmon Steven/Vice-President
Board Term: 2013-2016
yankiecarmon@gmail.com

Gail Rein/Secretary
Board Term: 2011-2014
rein.gail@gmail.com

Jerry Boswell/Treasurer
Board Term: 2012-2015
gboswell5275@msn.com

Meadow Clark
Board Term: 2012-2015
meadow@conflictmediation.net

Lynno Aldin
Board Term: 2012-2015
peaceynno@gmail.com

Lita Furby
Board Term: 2011-2014
luddite555furby@montana.com

The Silver City Food Co-op Wants YOU!

As 2014 ensues, the Silver City Food Co-op celebrates 40 years of providing whole food and healthy products to southwest New Mexico, and your annual decision awaits. Should this be the year you choose to run for the SCFC board of directors and help our co-op to thrive for at least another 40 years? To run or not to run?

Dedicated directors are essential to the survival of our co-operative. And you know the amazing opportunity for board service constitutes the most rewarding co-op member benefit. However, you may not know how much fun board work can be.

Meeting, knowing, and learning more about member-owners and co-op staff is fun. Sharing ideas with members from co-ops around the region and the country is fun. Working to help our member-owners, our co-op, and our community gain and maintain health is fun. Trust me!

Of course many have busy schedules and multiple commitments; but, all must reserve time for fun. Please seriously consider spending some of your fun time over the next 3 years on the Silver City Food Co-op board of directors. Your skills, ideas, and energy are needed. Come into the store and/or contact Margarita to pick-up a candidate packet and let the good times roll!

celebrating 40 years

Silver City Food Co-op

Outreach Report *by Carolyn Smith*

Happy 40th Anniversary Silver City Food Co-op! I am so thankful to our co-op founders for all their hard work getting our co-op up and running and for bringing healthy whole foods to our community. I'm also thankful for all the members, staff, boards of directors, and volunteers, who have bolstered, supported, sustained and nurtured our co-op over the past forty years, making the Silver City Food Co-op one of the very best in the country.

Our co-op presents a nice blend of the old and new, maintaining our roots and adhering to our principles while offering a large array of products, an important service for a community that is 60 miles from the nearest in-

terstate and 90 minutes from a large city.

The Silver City Food Co-op still devotes most of its floor space to single ingredients: fresh organic and local produce, bulk foods including fresh bulk herbs, teas and spices, high quality dairy and meat items, fine oils, vinegars, and organic canned, jarred or frozen fruits and vegetables. Buyers give preference to products that are locally or regionally produced, organic, non-GMO or Fair Trade certified, minimally processed and packaged, and produced by other cooperatives or small independent companies. They source non-food products that are biodegradable, septic-safe, made from recyclable mate-

rials, not tested on animals, and free from synthetic and toxic ingredients. The co-op tries to carry products that are price appropriate for our community. If you cook from scratch and buy single ingredients, products from our Essentials program, and products on sale, the cost of food at the co-op may be less than or comparable to other stores. Even when co-op shelf tag prices are higher than other stores, we beat them on hidden costs to the environment and our personal health. There's no high fructose corn syrup or trans-fats here and our ingredient lists won't make you cross-eyed or put you to sleep!

The Silver City Food Co-op reaches out to the community by collaborat-

ing with and supporting community partners, organizations and groups, (see the December 2013 Community Outreach Report) and is a valuable community resource for information and education on food, health, nutrition and gardening. Through Garbanzo Gazette articles, monthly Co-op Community Forums, in store customer service, participation in community groups and conversations and links on our website and Facebook page, we help to inform and empower each other to make better personal and big picture choices.

Congratulations everyone and here's to another 40 years!!! ✨

Certificate of Membership Equity



Instead of filling out or verifying member info on a Co-op Membership Form, new and renewing members will fill out, sign and receive a Certificate of Membership Equity when they purchase their Annual Equity Share for \$10, good for one (1) year of Member Benefits. The certificate will note the total equity on account, the new expiration date of Member Benefits, and household members. The certificate will explain membership equity and the rights and responsibilities of the "Member of Record". There will be a box to check if you want to donate your equity to the Co-op if your account is left idle for over five years. If not, the money will revert back to the state.

new for 2014

During the month of February, each Co-op member gets to choose the one day they would like to receive their **10% Member Appreciation Discount**. Please review our Grocery and Produce Special Order Policies found on page 4 to make sure that case, bulk and other special orders arrive before the end of February so you can use your Member Appreciation Discount on these items. Thank you for being a Co-op member!!!!

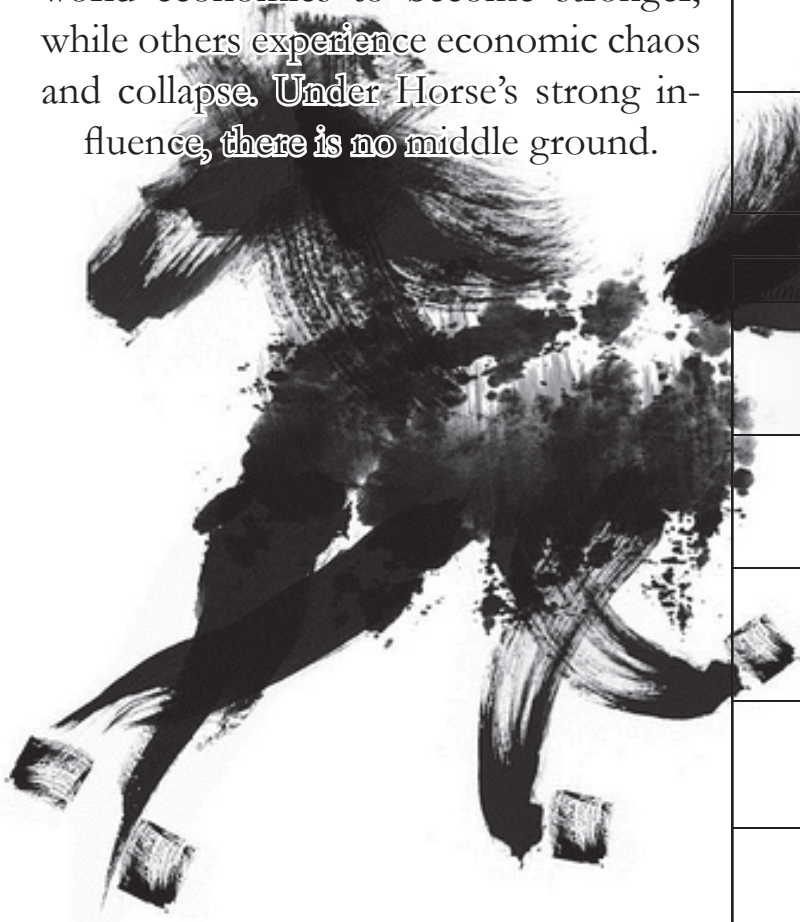
January 2014



New Moon 1/1/2014 at 4:15:02 am (MST)
Full Moon 1/15/2014 at 9:53:35 pm (MST)
New Moon 1/30/2014 at 2:40:35 pm (MST)

2014 Year of the Horse

Chinese New Year begins on the second new Moon after Winter Solstice. The year of the Horse begins on the New Moon of January 30, 2014. Horse year is a time of fast victories, unexpected adventure, and surprising romance. Energy is high and production is rewarded. Decisive action, not procrastination, brings success. On a global scale, expect some world economies to become stronger, while others experience economic chaos and collapse. Under Horse's strong influence, there is no middle ground.



Cheers to a new year and another chance for us to get it right ~ ~ Oprah Winfrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 New Year's Eve Co-op Closes at 5pm	1 New Year's Day Co-op Closed	2	3	4
5	6	7	8 Board Meeting 4.30-7.30	9 Forum: Solar Design 12-1	10	11
12	13	14 Forum: Sprouts & Microgreens 12-1 Member Linkage 11-12	15	16 Forum: Sprouts & Microgreens 12-1	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

January 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11 Member Linkage 11-12 Forum: Chocolate Treats noon-1pm	12	13 Forum: Chocolate Treats noon-1pm	14 Heart icon	15 Chocolate Fantasia
16	17	18	19 Board Meeting 4.30-7.30	20	21	22
23	24	25	26	27	28	1

February 2014

Pre-Sorted Standard
US POSTAGE PAID
Albuquerque NM
PERMIT #762

silver city food CO-OP

520 N. Bullard St.
Silver City, NM 88061
www.silvercityfoodcoop.com

Open
Monday - Saturday
9 am - 7 pm
Sunday
11 am - 5 pm