

Silver City Food Co-op Garbanzo Gazette

MAD!

Volume 20

❖ Your Monthly Newsletter ❖ December 2020

Co-op Hours:

Mon. - Sat.
9 am - 7 pm

Sunday
11 am - 5 pm

575•388•2343
520 N. Bullard St.

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Four Reasons Organic Food is Better than Conventional

by Barth Anderson

I was talking to a friend the other day who said they didn't believe that "certified organic" meant anything anymore, that it's overrated. Now, as a former blogger on Fair Food Fight, I'm in the weird half-world of being both critic and proponent of organic foods. I do see problems with the organic standards, but when someone criticizes organic food in general, I tend to get my back up. Here's why: Say what you will about the integrity of Big Organic corporations (and I've probably said it myself), but there's still a very strong base of small, certified organic family farms at the core of the organic industry. And as long as "organic" means something to them, it's going to mean something to me. So here's my bottom line on what organic means: If you shop in grocery stores, and not 100% from farmers or farmers markets, then certified organic food is still the routinely best option for safe, clean food with a lower impact on the environment.

1 *No harsh synthetic pesticides or fertilizers* The worst of the worst pesticides (atrazine, organophosphates, Thiodicarb, etc) are never used in certified organic food production. Important, since organophosphates have been recently linked to health and development problems in the children of U.S. farm workers. High-nitrogen fertilizers are never used in organic production, either. These are the fertilizers that have been scientifically linked to the hypoxic ("dead") zones in the Gulf of Mexico.

3 *No irradiation* Certified food is never irradiated.

4 *No sewage sludge* Did you know that city sewage (AKA "biosolids") is dumped on US farm fields to fertilize them? The problem: heavy metals, lawn pesticides, gas, oil, detergents, and other chemicals that can wind up in a sewer don't go away with composting sewage into biosolids -- and can cause a spike in health problems with local neighbors. Certified organic food, meanwhile, is never grown in composted sewage waste. Buying direct and local from environmentally-minded farmers is a great way to support a cleaner way of farming.

2 *No "GE" seeds Certified organic farmers source non-GE (genetically engineered) seeds in order to receive the USDA organic seal.* The past USDA action to allow unregulated planting of GE alfalfa was a blow to the long-term prospects for organic dairy (which uses certified organic alfalfa to feed milk cows). But it's important to remember that organic regulations were not altered for this decision to take place. Certified organic farmers remain steadfast in their commitment to sourcing truly organic seeds that aren't owned and copyrighted by a lone biotech monopoly.

And buying certified organic food at your local Co-op is the next best thing to being on that farm yourself.

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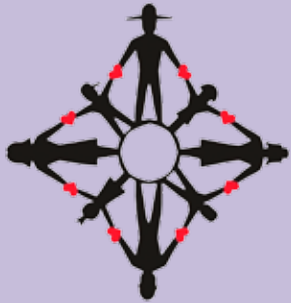
**YOU
ARE
WHAT
YOU
EAT**



1846 member/owners strong and counting . . .

Silver City Food Co-op

established 1974



www.silvercityfoodcoop.coop
575.388.2343

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

Vision Statement

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

Seven Cooperative Principles

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

Kevin Waters

General Manager

The Garbanzo Gazette

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Waters' Words to the Wise

by *Kevin Waters*



Star Date 2020.11.24

Dispatch from La Plata

Managers Log: The atmospheric conditions that began within days of my current assignment on this rocky mining planet persist. Day after day after day meld into one, as the lockdown measures instituted to keep our inhabitants safe result in exhaustion and fatigue. Suit up, put in shift at the cooperative mercantile, back to the pressurized cabin, and so it goes.

My wife and son live even more restricted. Daily educational communications arrive from Earth for Patrick, but account for only a handful of hours, and he passes his days practicing his starship fighter pilot moves on a simulator, reading, and keeping up with Earth's sports leagues. Nicole keeps in contact with friends and relatives from Earth, and receives content through our entertainment portal. She will soon receive her competency badges in both guitar and knitting. What we lack in diversity in the rest of our day, we make up for at meal time. The cooperative has managed to stay in relatively adequate supply, and we're trying new dishes to combat the monotony. We are able to withstand the atmospheric conditions to get in a nightly jaunt, always wary of the space force, who recently asked our son for his papers and motives after he went under the barrier to play on a basketball court. We try to get to the wilderness area on days off, ironically going to seclusion, to reset our mind and spirits for another week of seclusion. Even Koda and Kiny the Hatchling, our dog and cat, seem affected by the lockdown. Well Koda to be precise. Kiny seems to take it all with detached bemusement. Koda loves to see more of his humans, but will rush out into the atmosphere unprotected any time it appears we may be leaving our dwelling. Insisting on protecting us in our rare quests out into the settlement, he will nearly break the windows of our pressurized transport vehicle in excitement, at the sight of another canine or human.

Amidst this long term isolation, it's ironic, a major element in our decision to migrate to the area was people. After weighing many factors, including career, location, environment, amenities, we took a shuttle craft to visit on the ground. We have lived on a number of different planets, and found the people we met on our visit so friendly, open, and happy. We knew it must mean this is a great part of the universe to be.

We keep all this in perspective and we are good, doing our part to stay safe in conditions that have hurt and permanently changed so many families like ours.

News of an alliance victory over the federation on November 3rd has come through, and we await further news, not knowing if this will make any difference here. We hope it won't delay the arrival of the scientific laboratory vessel. Their atmospheric treatment has been used in other sectors, and we hope it will soon allow us to once again breathe freely and return to some level of "normal". Let's hope it suffers a better fate than the planet's last cargo re-supply ship. Loaded with sanitizer, paper towels, and toilet paper it was besieged by large groups of frantic citizens, and emptied within minutes. I had to travel all the way to the outlands to bargain with the sand people just to get a roll of TP.



Hey!

It's still MAD!!

If you have any MAD days left,
use them by month's end!

(excludes turkeys, mark-down items)

any 2 days
of your choice
to save 10%

\$ Become a member
and save \$

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wherever needed

Kassandra Sedillos
wherever needed

Francisco Estrellas
wherever needed



Kitchen Meditations

Winter

Roasted Kabocha Squash



Ingredients:

1 medium kabocha squash
2 tablespoons ghee, olive oil, avocado oil, or coconut oil
Salt and pepper to taste



Instructions:

- Preheat oven to 400°. Rinse and dry squash.
- Like all winter squash, kabocha takes a sharp knife and some muscle to cut up. One method is to cut off the top and bottom first so that you can cut through the exposed flesh.
- Cut in half, scoop out the seeds and cut into thin wedges. About an inch thick will do. Toss with your fat of choice and sprinkle with salt and pepper.
- Place the wedges in a single layer on a rimmed baking tray and pop in the oven.
- Roast for 30 minutes, flipping them over about half-way through. The wedges are ready to eat when they're slightly crunchy on the outside and soft and fluffy on the inside.



Becky's December Dairy Pick

Castello

Delightfully Nutty Gouda Cheese

Balanced and harmonious, yet tending towards bold, this traditional Gouda cheese puts a creative spin on authentic taste. It is an aged cheese with a warm, nutty taste and slight crunchiness from cheese crystals. It's an elegant addition to any meal. Cut it in thin slices to enjoy on its own or on bread or crackers. Serve on a cheese board as an appetizer or dessert. It melts wonderfully in soups or grated on a variety of warm dishes. Delightfully Nutty Gouda also makes a delicious sandwich, cold or toasted.

Gouda is a mild-flavored yellow cheese, made from cow's milk, which originated in the Netherlands, dating all the way back to the year 1184. Named after the city of Gouda in Holland where it was traded and sold, it is one of the oldest recorded cheeses in the world that is still being made today.

December 2 - December 29 • Members Only • 20 % OFF • In the front cooler

Butternut Squash, Kale & Quinoa Stew

Ingredients:

2 tablespoons olive oil
1 large onion, diced
2 cups cubed butternut squash
3 garlic cloves minced
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon red chile flakes
½ teaspoon smoked paprika
1 tablespoon white wine vinegar
1 (14.5 ounce) can diced tomatoe
4 cups (32 ounces) vegetable broth
½ cup dry quinoa
2 to 3 cups finely chopped kale
Sea salt and black pepper



Instructions:

- Heat oil in a large pot over medium heat. Add onion and a few pinches of salt and pepper and cook, stirring occasionally, until the onion is soft, about 4 minutes.
 - Add the butternut squash, another pinch of salt and stir. Let the squash cook for a few minutes, then stir in garlic, cumin, coriander, paprika, and red pepper flakes. Add white wine vinegar and stir to deglaze the bottom of the pan. Add tomatoes, broth, and quinoa. Cover and simmer until the squash is tender and the quinoa is cooked, about 40 minutes. Halfway through the cooking time, taste and add additional spices, if you like.
 - When the soup is nearly done, stir in kale and cook about 5 minutes more or until it is cooked the way you like your greens. Taste and adjust seasonings again.
- *This stew can be stored in the fridge for 3 or 4 days or frozen for eating later on.



December Guide to Winter Squash...

From Acorn to Kabocha, winter squash are some of the most delicious and adaptable foods of the season. Sweeter, denser, and more firm in texture than summer squash, winter squash lend themselves well to a wide spectrum of seasonings and can be truly delicious in warming soups, casseroles, risotto, lasagna, and even desserts. Most varieties can be stored and enjoyed for use through the winter.

A rule of thumb for all squash, including the summer variety, is the smaller it is, the better it tastes. So don't overlook the "runts." A trick from Japanese cooks is to look for a small flower end (opposite the stem end) of the squash. It's a sign of deliciousness.

Now, get cooking with this guide on how to prepare and enjoy an array of healthy squash this season. Remember, it's just a starting point. Once you're familiar with the varieties of winter squash, you'll discover just how versatile they are. *Most are interchangeable in recipes.*



Red Kuri squash, or Hokkaido pumpkin, has smooth flesh and a rich, sweet flavor that shines through in pies, soups, and more. Its skin is hard but thin and, once cooked is edible. The creamy yellow/orange flesh has a chestnut-y taste. In fact, the word "kuri" is Japanese for chestnut.



Spaghetti squash has a cylindrical shape with a firm exterior that ranges from a pale cream to bright yellow color. When cooked, its insides develop strands that resemble spaghetti. It's not sweet, like other winter squash, but mild tasting with a chewy, fragile texture. Roast or steam it, then scrape out the strands. Top with marinara sauce, pesto and eat it as you would pasta.



Remarkably sweet and nutty, **Kabocha** has a tender skin so don't worry about peeling. An Asian winter squash, it's delicious in hearty soups. Meatier than most varieties, with its own unique flavor, you can also enjoy this squash by roasting wedges with your favorite oil, cinnamon and salt for a sweet and savory dish.



With creamy **Delicata** squash, you can easily enjoy its thin skin. It adds texture and taste to a recipe. Simple preparation is to cut in half, de-seed, slice into half-moons (1 inch thick), and roast with oil, salt and pepper. Eat alone, as a side or add to a green salad with non-starchy vegetables.



Butternut is one of the sweetest of the winter squashes and the traditional choice for soups. Instead of adding cream and sugar, as called for in many recipes, use broth, onions and garlic, with herbs and spices of your choice. Try puréeing with carrots or apples for extra flavor and nutrients.

Acorn squash has a mild, subtly sweet and nutty flavor. Like most winter types, it can be baked, roasted, steamed or sautéed. If you want to get fancy, the shape of these makes them a perfect bowl that can be filled with roasted veggies and/or protein. Roasted long enough, the skins are edible.



The **Carnival** squash is actually a hybrid of the sweet dumpling and acorn squash. Sweeter than butternut, but not as dry in texture as kabocha, it's lovely simply roasted with a little butter. Depending on whether you prefer sweet or savory, give it a sprinkle of maple syrup or brown sugar, or salt and pepper. Add these little beauties to stew, curries, soups and veggie chilis, any recipe calling for butternut or acorn squash.

CO-OP Community



Thank You Co-op Volunteers!

Many thanks to these member volunteers for their October service.

Jane Papin • Tim Garner • David Burr
Tammi Pittman • RJ Jones • Jennifer Lamborn
Susan Van Auken • Sue Ann Childers



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



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*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 December

Silver City Community Theatre



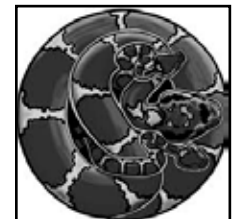
A home-grown theater company, Silver City Community Theatre (SCCT) grew out of a series of acting classes presented by The Western Institute for Lifelong Learning (WILL). Several class members joined forces to create Silver City Community Theatre. Now after 6 years and many productions, SCCT’s mission continues: to enrich, educate and entertain the Silver City and Grant County communities by providing a broad range of live theater experiences on a recurring, seasonal basis.

During the pandemic, SCCT has continued monthly on Zoom. Donations will enable SCCT to continue these monthly Zoom productions and to put our actors back on stage after the pandemic.

SCCT is a 501(c)(3) nonprofit organization with Individual and Family memberships. Community sponsors are recognized in programs and other publications.

October
Round Up
\$894.00

Advocates for Snake Preservation



Thanks to everyone who rounded up for ASP during October! We are overwhelmed with gratitude for your support of snakes. Donated funds will support newly expanded local services of Living With Snakes, our program that reduces human-snake conflict while protecting snakes and improving public safety. This program offers solutions to everyday human-snake conflicts that sometimes end badly for people and often prove fatal for snakes. We offer free snake identification: send a photo by text (520-333-6957) or email (info@snakes.ngo) to get a quick answer to “what is this snake?” We’re also now offering property consultations to help those who want a wildlife-friendly yard that is safe for their family or need to know what to expect in terms of snakes. Funding like the Round Up program helps us keep these services free or discounted for those in need. More resources to help you live safely with our snake neighbors and appreciate your encounters are available at LivingWithSnakes.org.

Round Up
for
January

To be Announced in January!



From all of us here at the Silver City Food Co-op

We wish you all
a safe,
healthful,
and bright holiday season.

May your new year be
so much better than this one!!!



Mountain View Market Co-op to Close after 45 Years



Mountain View Market first opened its doors to the community of Las Cruces, New Mexico in 1975. The Organ Mountain Co-operative, as it was then known, started up in a home and expanded and moved several times over the years, before settling in the Idaho Crossings Shopping Plaza in 1994. Here it was able to add a full kitchen and café. Over the years it became a center for health and wellness, offering organic, natural and local foods, as well as classes on nutrition and many other events open to members and everyone else in the town and surrounding area. For a few years Mountain View maintained a farm on Snow Road in Mesilla, providing organically grown produce for the store and education for people about growing food sustainably with minimal environmental impact.

It is the end of an era for this wonderful Co-op and all the folks who worked together to make it a success for so many years. Thank you all, past and present. We honor your commitment and dedication to the cause of a democratically run organization and to the health of the planet and its inhabitants.



**DOUBLE UP
FOOD BUCKS™**

2 for 1 on
Local Produce
everyday
with your EBT card



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!



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!

Have You Thought About Eating Vegan?

by Susan Van Auken

Human beings are omnivores, which means we are able to eat and survive on both plant and animal matter. A growing number of individuals among us choose to eat a vegan diet and use only plants for food.

The word vegan was first used in 1944.

In the beginning, when an integral part of the animal kingdom, humans acted as other omnivores – they ate what was available. Meat was often plentiful and could provide more calories and nutrition as compared to what gathering berries and roots could. Times have changed and we have come a great distance since then. Shopping at a grocery store removes us from our food sources and at the same time provides a much broader selection of food to eat. What a difference this makes; while we have many more choices, we also know less about the source and processing of our food.



We make our food choices generally based on what we were fed when children, what we like to eat, ease of preparation, what we think is the most healthful, what is available, and/or what we can afford. Vegetarians and vegans both choose to eat no meat, while vegans use no animal products at all.

In his new book, *Our Only Home*, the Dalai Lama says one step toward helping to combat climate change is to stop eating meat.

People choose a vegan diet for differing reasons, including the belief that eating only plant food provides a healthier diet shown to greatly lower rates of chronic disease; the ethics of not harming animals; the belief that raising animals for food contributes to climate change; and a variety of religious reasons. In addition to not eating food from animals, some ethical vegans will not use any animal products, such as leather in shoes and wool in clothes.

World Vegan Day has been celebrated on the first of November since 1994.



Wind in her kitchen. Yum!

Have you ever considered eating a vegan diet? If you are drawn to the vegan concept, you could start the change by regularly eating a few vegan meals throughout the week, or on certain days eating no animal products. You may find you like it. Although many of my meals are vegan and some days are entirely vegan, I do include a few animal products in my regular diet, particularly half and half in my coffee.

With the vast increase of people choosing to eat only plant-based food The Economist declared 2019 "The Year of the Vegan".

Our co-op carries a complete array of plant foods that provide a person on a vegan diet the necessary building blocks for robust health, including protein, carbohydrates, fats, vitamins, minerals, and fiber. By choosing grains, beans, and seeds from the co-op's bulk bins; by eating colorful fruits and vegetables found in the produce section; by using high quality oils, herbs, and spices, as well as adding a variety of vegan packaged foods, a plant-based diet can be very rich and delicious. Even the "dairy" cooler contains cheeses, yogurt, and milk made from cashews, almonds, coconut, and grains. Tofu and tempeh are also vegan favorites. For other quick plant-based meals, look for frozen entrees and burgers.

Wind Markham, a longstanding member of the Silver City Food Co-op, has been a vegan for 22 years, and has raised her family on vegan food. At this point in her vegan journey she speaks very passionately about why she thinks it is time for people to make the switch to a plant-based diet.

Well-known vegans: Bill Clinton, Beyonce, Cory Booker, Angela Davis, Venus Williams, Benjamin Franklin, and Brad Pitt.

Thoughts from Wind

We are living in a world-out-of-balance due to human greed and ignorance. We can no longer eat as our ancestors or our parents ate, we can no longer go along with what we were taught. We must attune our actions to the urgent demand of NOW. We do not need animals to be part of our diet! This fragile moment on the earth presents us with the moral and ethical question "Why are we killing sentient beings when it isn't necessary?" We must not only demand respect for all humans, but for all living beings.

What we eat can no longer be simply a matter of personal choice, because our diet has profound impacts on our planet. A vegan diet eliminates the unnecessary killing of billions of animals each year and is a major solution for deforestation, biodiversity loss, and air and water pollution. According to a study from Oxford University, researchers found that not eating meat and dairy products is the "single biggest meas-

ure" to reduce a person's carbon and water use footprint, by up to 73% for carbon and 55% for water.

It is our responsibility to protect our dwindling, precious, earthly resources. Let us offer our bodies and our minds as vehicles for serving life, let us shed old comforts, habits, and outdated ways of thinking and being. It is time to truly stand with the Earth, by giving, affirming, and sustaining life. By refusing to support enslavement, cruelty, and the killing of animals, we are able to help move the needle away from death towards life. By seeking to cause as little harm as possible, to allay suffering in any way, we can become quiet healers.

I believe kindness is inherent in us, and choosing a diet that is also inherently kind allows us to become clearer about solutions to the problems we now face.

Please visit <https://www.truthordrought.com/water>
<https://animalclock.org/>



A Very Short History of Fruits and Vegetables



We humans love fruits and vegetables and have been consuming them from the dawn of our existence on Planet Earth. From the earliest days, as hunter-gatherers, the food we ate was comprised of small game, fish, and probably a nutritious insect now and then, but the foundation of our diet was plants, including various grasses, tubers, fruits, seeds, and nuts. There were and still are groups of people living in climates too cold for plants to thrive, who eat mostly animal flesh and are perfectly adapted to it. For all that, those of us residing in the more temperate regions of the world have found fruits and veggies to be a healthful and enjoyable part of our daily food intake.

As things go in nature, change happened. Wild plants are genetically programmed to spread their seeds, allowing for natural sowing. But, when certain plants were selected on a large scale by early humans, they began the transition from plant to crop and evolved to retain their seeds. Enter the first Agricultural or Neolithic revolution. Research suggests that hunter-gatherers began altering their first crops to highlight their most desirable attributes some 30,000 years ago. Some estimates are even earlier. Most ancient vegetables and fruits would be almost unrecognizable today. As you peruse

the produce aisle of the Co-op, the fruits and veggies you select bear little or no resemblance to their ancestors. Most of them don't taste the same either.

For example, carrots were originally biennial plants, taking two years to grow to maturity. In the wild, carrots are very thin, forked vegetables with a white or yellowish color, quite unlike the large, tasty orange roots that we've become accustomed to.

We love our modern big, juicy peaches, dripping with sweet juice, but this wasn't always the case. Peaches used to be tiny, cherry-like fruits with very little flesh. They were first domesticated around 4,000 B.C. by the ancient Chinese and tasted earthy and a little salty, like a lentil, according to some experts.

Broccoli, brussels sprouts, kale and cauliflower are just a few of the veggies that can be traced back to one plant, Brassica loeracea. Known as wild cabbage or wild mustard, this ancestral cultivator is native to coastal southern and western Europe. By focusing on different parts of the nutrient-rich wild plant, early agriculturalists were able to develop a host of nutritious and eminently edible vegetables that are enjoyed by modern peoples everywhere.

by *Judith Kenney*

GRAB'N'GO

Get Creative with Deli Sides!

by Carolyn Smith

In addition to offering a variety of vegan, vegetarian and omnivore sandwiches, entrees, soups and stews, the deli crew makes a diverse selection of tasty salads, vegetable dishes, and dips. Many, if not all, of these sides can be transformed into entrees by adding a few ingredients or can be used themselves as an ingredient in other dishes. Here are a few suggestions to get you going on your own:

- Heat and serve our Cashew Tempeh Salad or Kung Pao Tofu on a bed of rice or noodles.
- Create your own Falafel plate by combining the Grab 'n' Go falafel patties and tahini sauce with the Grab 'n' Go hummus, pita bread found in the Co-op freezer, tomatoes, cucumbers, and onions from the Produce Department, feta cheese and Kalamata olives from the Dairy cooler and stuffed grape leaves from our Grocery shelves.
- Try our NY Style Cole Slaw in your fish tacos; a tip from Marguerite!
- Use the mashed yellow potatoes or sweet potatoes as the topping for Shepherd's Pie, to enhance and thicken soups and stews or make potato scones.
- Smother tortilla chips in our Southwest White Bean Dip and grated cheese and bake in the oven for delicious Nachos.
- Create New Mexican Stuffed Peppers by filling roasted bell peppers with the rice and beans from a vegan or cheese burrito bowl.
- Add blue cheese and pecans to the balsamic beet salad for an appetizer or a topping for a green salad or even pizza.

The only limit is your imagination. We encourage you to be inventive and we'd love to hear about your creations using Grab 'n' Go sides, so we can share them with others.

Email me at carolyn@silvercityfoodcoop.coop



Cashew Tempeh Salad for starters . . .



Dawn

by Richard Allan Stansberger

Moon a bowl
from which a star escaped.

Horizon a jagged
rusty line.

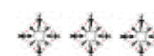
Where's the sun?
Like God
everywhere apparent
nowhere visible

And coming, children,
Coming.

We're Hiring!

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

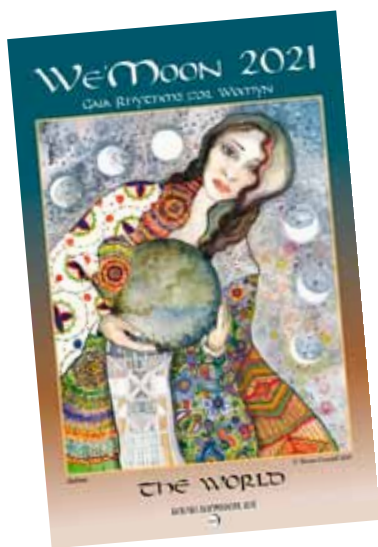
Applications are available on our website
www.silvercityfoodcoop.coop/staff
and in the store
at the checkout stand



Merchandise



In the Spirit of Giving



We'Moon

We' Moon is an astrological planner, complete with moon signs and phases. Filled with beautiful and inspiring art and writing by women from many lands, we are proud to announce that Elise Stuart, former Poet Laureate of Silver City, and a Co-op member, is a featured poet in the We'Moon 2021 flipbook calendar.



Elise Stuart is a poet and short story writer. After leaving Phoenix, Seattle, Minneapolis, and Connecticut behind, she was drawn and held by New Mexico's brilliant light and blue skies. Passionate about giving voice to young people, she worked with youth in the area, giving poetry workshops, a project she began when she was Poet Laureate of Silver City. She is working on a new book of poetry.

**Looking for a spot-on gift for that significant person in your life?
We've got some great possibilities!**



Red and White Kitchen Company

It's a vintage attack! Designs from this company are inspired by textiles from the 1940s and 50s. The Co-op now carries their 100% cotton flour sack kitchen towels that feature a map of New Mexico! It's based on an actual artwork from back in the day. The colors and sentiments are upbeat and fun, cozy and friendly. Some folks just love it as a decoration for their kitchen.

Maggie's Socks

Maggie's is all about fair trade and true sustainability, from farm-to-finish. We just received a shipment of great quality socks from Maggie's, and they're the best! It's so gratifying to give a gift that supports the world and makes people feel comfortable at the same time. Nothing says love like a pair of cushy socks from Maggie's!



Kei and Molly Textiles

Located in the heart of Albuquerque, Kei and Molly Textiles has worked to engage and support community, are committed to minimizing its impact on the environment, by using only water-based, eco-friendly inks and 100% natural fibers. In the high desert this company is able to make the most of the New Mexico sun by generating solar power for all its electrical needs. All this while creating the unique and exceptionally lovely flour sack dish towels that we carry at the Co-op.



African Market Baskets

Your purchase helps! For 35 years, African Market Baskets has used the fair trade business concept of economic partnership based on dialogue, transparency and respect. In 2009, they formed the non-profit organization, "Every Basket Helps," to support humanitarian projects in the villages of Ghana. Their baskets are useful and beautiful. You may not be able to stop at just one!

COOP BULK DEPT

A Little or A Lot

Bulk Liquids in one place

Canola Oil • Maple Syrup

Olive Oil • Sunflower Oil

Tamari Soy Sauce • Shoyu Soy Sauce

Coconut Oil • Apple Cider Vinegar

Sesame Oil • Balsamic Vinegar



Vynce, our bulk buyer, has stocked bottles for liquid bulk on the top shelf.

New! Coming in January!



Organic Maple Syrup from Baird Farm

Baird Farm, in Vermont, has been in the family for nearly 100 years. Daughter Jenna and her partner Jacob are the fourth generation in the family to be sugaring on the family's property.

www.bairdfarm.com

Organic Coconut Oil from Hummingbird Wholesale

Rooted in the Pacific Northwest, Hummingbird Wholesale is a family-owned Organic food manufacturer and distributor that incorporates humanity into the business relationship.

www.hummingbirdwholesale.com



HABA

health & beauty aids

Tulip Tree Gardens

Our health and beauty department is now carrying three CBD products from Tulip Tree Gardens, a truly organic and regenerative farm situated on 63 acres near Beecher, Illinois. Tulip Tree products are “farm to bottle,” meaning that owners Rachael and Jesse Smedberg, create them from hemp that they grow and process on site. Go to tuliptreegardensco.com to find out more about this remarkable company.



CBD Body Cream 500mg

A luscious body cream that melts instantly into your skin, moisturizing and protecting in the harshest of weather. It delivers anti-inflammatory benefits throughout the dermal layer of the skin. This full-spectrum CBD-rich product is packed with nourishing, health-supportive ingredients and may be used often, preferably daily, as a body or face cream.

CBD Salve 500mg

Also for isolated pain relief, CBD Salve is a milder, lower dosage product that targets specific areas of the body that need relief.



CBD Therapeutic Salve 1500mg

Perfect for sore muscles, aches and pains, Therapeutic Salve is ideal for isolated relief. Just a dab is all you'll need, as the essential oils it contains create a warming effect on the skin.

Note: If you visit Tulip Tree Garden's website, please be aware that they've change their labeling.





Anjelica's pick is *Knudsen Just Pineapple Juice*

Russell W. Knudsen founded his company from his California farm in 1961, 60 years ago! Starting with organic grapes from his vineyard, his commitment began with a desire to make juices of the best possible quality for his own family. Since then, generations of people have enjoyed and benefitted from these delicious juices, which are now offered in nearly 100 types. The quality and freshness of Knudsen's Just Pineapple Juice inspired Anjelica, another very upbeat member of our front-end crew, to choose it as her favorite Co-op product. She finds that its true pineapple taste makes it a vibrant, thirst-quenching drink, but also a great marinade for a variety of meats. As the mom of a busy family, she likes the juice for making popsicles. When Anjelica is away from her job as cashier, stocker and produce person, she says, "I love to spend time with my kids and I absolutely love to chef it up in the kitchen!"



Lauren's pick is *Steaz Peach Tea*

Lauren is one of our newest cashier/stockers. Blessed with a sunny disposition, she spreads light to all customers who are lucky enough to go through her line. Lauren's preferred Co-op product is refreshing Steaz Peach Tea. Steaz, a brand of organic green tea-based beverages established in 2002, sources only fair trade tea and cane sugar (zero calorie drinks are sweetened with stevia). Their teas and energy drinks are brewed with green tea, anti-oxidant-rich fruits, and other natural ingredients. Green tea contains high levels of flavonoids, healthy compounds found naturally in many plant foods. Lauren likes to sip on a Steaz Peach Tea while "watching TV with my mom (usually chick flicks) and cuddling with my bird Jenny Rose." She also loves to sing, having done so her whole life in choir and at school.



Vynce's pick is *Fromager d'Affinos*

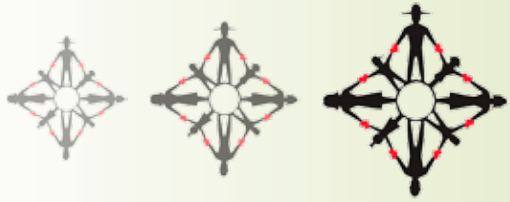


"Currently, my favorite product has been our Fromager Cheese by D'Affinois, particularly when it is paired with Crofter's Fruit sweetened Apricot Fruit Spread. Spread those onto a toasted wheat square from Field Day and you've discovered the Co-op trifecta. You're welcome!"

On his off-days from the Co-op, Vynce, our bulk department buyer, "enjoys improving my home and property. I also love cuddling with my partner, playing with my daughters, and sitting in gratitude for the life I have."

Vynce's surprising fact: "Not many people know that I once had to give the Heimlich Maneuver to my neighbor. The guy tried to swallow half of a hot dog. I urge us all to make better decisions than he did!"





From Your Board . . .

Looking Forward to 2021 ►

As we look back on a busy board year, and forward to an exciting year ahead, the Silver City Food Co-op Board reflects on how we got here and what it means to us.

We'll soon be asking for new members to join us. New board members enter from many different places. Julianna Flynn was first appointed to a recently vacated seat to add her experience in bringing old buildings back to use in a sustainable manner. She found the work so satisfying and important that she ran for the board at the next election cycle. Tuan Tran recalls, "An employee suggested that I run. I thought I could make a meaningful contribution with my perspective as a Co-op worker." For Emma McKinley: "When I moved to Silver City, I left my job at the Los Alamos Cooperative Market. My previous manager suggested that I run for the board at the co-op here in Silver City. I wasn't sure I wanted to, but when one of my professors and a board member at the time made the same suggestion I began to take it seriously. I admire the cooperative business model and wanted to learn more about it, and this was the perfect opportunity." Scott Zager has been a board director since August of 2018. "Previously, I had volunteered to help on the co-op's Member Connect Committee (MC). That was a good place to start because it was not a big, long-term commitment. Primarily, I assisted by providing a helping hand with the general membership meeting and annual picnic. This involved finding chairs and tables, hauling them to the meeting, and taking them back. The MC also had the task of helping organize the Round-Up Grant applications and selecting worthwhile recipients for cash donations from customers. "

Every year has challenges, some more than others. Rising to the challenges can bring out unexpected strengths in individual board members, and can help to develop the group into a cohesive whole. Gwen Lacy says of her growth experience on the board, "When in deep water become a diver." Scott remembers the many challenges in the past two years this way: "My first year was the year that the board ended the Market Cafe and then later purchased a new building for relocating the store to Pope Street. Emotions were high among the membership. Some worried that these two financial decisions would jeopardize the food cooperative that had been running for about forty years. Even though there were substantial losses from the cafe, the co-op was secure fiscally and sales revenues were growing substantially. Store relocation had been included in a long-term strategic plan; however premature the purchase, the Life Quest building was offered to the co-op at an amazingly good price.

The board had been contentious and some directors had resigned. I joined the board first as a trainee, and then, I was appointed to fill out the vacated term. I vowed to myself and to the members who later voted for me, that I would pursue due diligence and ensure fiduciary responsibility. I resolved to learn about the co-op's finances and only endorse an expansion plan that was a prudent and sound investment. Since then I have become board Treasurer and tried to live up to that promise. Along the way, the board became a cohesive team, with all the directors contributing collaboratively. Together we hired a seasoned, professional manager (who has continued to grow revenues through the pandemic, which started right after he was hired). We formed a relocation/expansion committee that interviewed nearly thirty professionals about remodeling and construction. Our current president brought project management skills acquired from her engineering career. Other directors revised policies that would make governance of store operations more efficient and ensure proper accountability. These policies not only protect the co-op from malfeasance or incompetence, they also insulate the general manager from overzealous directors who may potentially overstep their role. Being a board director for a cooperative is a delicate balance of policy-defining duties and allowing management to do their job unhindered. The board and our management are now a cohesive team that really works well together. I am very proud of that. I am confident that this team will make some very profound and enduring decisions very soon. I have learned to trust our mutual judgement and expect good things to come. That is why I wanted to be a board director."

Being on the board brings many surprises. Julianna remembers the first time a member approached her on the street and thanked her for serving on the board. "It was so touching to know that people notice, they appreciate, they care. It made me realize how grateful I was to be given a chance to be part of this phenomenal organization." Tuan Tran found some conflicts of interest in being both an employee and board member, "I have to be more conscious of the things I say, and I have had to set boundaries with others." He also notes: "It's been an energizing and worthwhile experience. Many opportunities to learn and use that knowledge to make better decisions." Emma: "I thought it would be far more difficult than it is. The workload is manageable and there is tons of support to be found in fellow board members and Columinate. The group has great synergy and each member brings unique strengths and perspectives to a very functional and dynamic team."





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

Being on the board has come to mean a lot to all of us. Our board president, Shanti Ceane: "Serving on the Co-op board has been an enriching experience for me. I have really appreciated the collaborative nature of the work and enjoyed teaming with this group of thoughtful and creative people. Board work is not without its challenges, but it is rewarding as we strive toward the common goal of a successful co-op that serves this community well." Emma adds: "Being on the board means having a way to support what I think society needs more of. Cooperatives are the business model of a more equitable future, and being on the board means getting to share in the steering of our local co-op towards the ideals of sustainability and community." For Tuan being on the board means: "Caring about the present and future of the Co-op. Making sure that decisions are discussed thoroughly and weak

points addressed. Making sure the Co-op is doing the right activities that hit the mark in regards to our mission."

We hope our members will think about joining us on the board, or getting someone who they think would be great on the team to come forward. We're looking for people to join what is, as Tuan says, "A very capable team with a diverse skill-set. Board members are passionate and willing to pitch in and help the Co-op. We need diversity and different perspectives so blindspots can be known." Emma adds, "I think the ability to collaborate with a diverse group is a must, as well as the skill of organization and planning." There is lots of good work to be done, and many opportunities for growth and a deeper understanding of the coop community past, present, and future, await those who care to join us.



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

December

Members Only Specials December 2 - December 29

20% OFF! listed prices



Castello
Delightfully Nutty
Gouda
7 oz
reg \$5.89



Epic
Bone Broth
Savory Chicken
14 oz
reg \$7.49



Edward & Sons
Toasted Onion
Brown Rice Snaps
3.5 oz
reg \$3.99



Shelton's
Turkey Meatballs
10 oz
reg \$6.69



Himalaya
Ashwagandha
90 ct
reg \$29.99



Supreme
Brie
7 oz
reg \$6.19



Shelton's
Turkey
Breakfast Sausage
12 oz
reg \$6.69



Crown Prince
Smoked Oysters
3 oz
reg \$3.99



Emerald Cove
Nori
10 sheets
reg \$7.69



Himalaya
StressCare
120 ct
reg \$27.99



**Merry Berry
&
Peppermint
Holiday Hand Soaps**
11 oz
reg \$5.99

**Co-op Deals
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and at the front of the store**

