

THE CO-OP'S 25th ANNIVERSARY PARTY



FOOD * OLD FRIENDS * DANCING * PROGRAM * PRIZES * FAMILIES * SENIORS * BABIES

Silver City Food Co-op

520 N. Bullard
Silver City, NM 88061

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THE NEWS
LEGUME
FROM THE SILVER CITY
FOOD
CO-OP

GARBANZO GAZETTE

520 BULLARD ST. (505) 388-2343

AUTUMN 1999

MEMBERS ELECT DIRECTORS

The yearly general meeting saw two new directors and one returning member to the Board of Directors for the year 1999 - 2000.

Mary Conrad and Jane Miller are new while Mark Johns is continuing for another two-year term.

Both new members praised the existence of the Food Co-op: Miller termed it a "treasure" to the community and Conrad called it a "huge asset." Miller and her husband were first members of the Whole Earth Food Co-op in River Falls, Wis., and she wants "to add her skills to the operation of the Co-op Board in making the Co-op even more successful.

Conrad is the owner of the Higher Grounds Coffee House on Bullard Street and she has been "very excited about the consistent and recent improvements" in the Co-op. She feels that there is the possibility of greater indaxation with the larger community, of "finding ways to provide for and correlate their needs with the increasing availability of organic and natural food and health care products."

Johns has proven his worth serving as a director during several terms. He states that it is important for the Co-op to continue to survive as the quality of food from other sources declines. He is committed to ensuring that the store is a pleasant environment for staff and for customers.

DIRECTORS ELECT OFFICERS

At the September meeting the Board elected officers for the coming year. Continuing in the office as president is Betty Mishuk; vice-president, Mark Johns; secretary, Millie Seewald, and Jane Miller, treasurer.

OCTOBER
IS
CO-OP MONTH
JOIN AND SUPPORT
OUR SILVER CITY FOOD
CO-OP

REPORTS FROM TCW CONFERENCE

In keeping with the cooperative principle of education and training, several Food Co-op board members and staff attended the Tucson Cooperative Warehouse's annual meeting October 1-3 in Tucson, Ariz.

Sid Pobihushchy, an eloquent, internationally-known speaker, who is noted as an advocate for the co-op movement gave the keynote address. His topic was "Toward a Cooperative Economy." He claimed that the cooperative movement provides the optimum condition for a healthy food supply and a society living in harmony with nature.

— Jane Miller

I had the wonderful opportunity of attending the TCW annual membership meeting Oct. 1-3 in Tucson. What a great way to start out my term on the board. I was able to connect with co-op enthusiasts from all over the southwest. I learned a great deal about various products and services offered by TCW and, more importantly, I got a real feeling for what "Cooperative" means and what a powerfully democratic process it entails. I have returned from the meeting with much enthusiasm for my upcoming time on the board. I am very much looking forward to learning more about converting our co-op to a true cooperative format and to helping to further educate our customers on the importance of cooperation in our community.

— Mary Conrad

The problem which confronts the world is the very fact that the overwhelming majority of the population of any and every country, has no control over the economy, so it does not serve them.

An economy is the set of arrangements for the ownership, production and distribution of goods and services which the people live by in society.

The world is caught in the dilemma of two crises: The crisis of justice and the crisis of nature.

— Sid Pobihushchy

Long-time Staff Member

"DEB" IS LEAVING

Deborah Uhler-Shatzkin, associated with



the Food Co-op for more than 11 years, has decided to explore different challenges in her future. Deb arrived in New Mexico 14

years ago from Philadelphia for a three-month visit with a childhood friend.

"I loved New Mexico from the start," she exclaimed over a cup of her favorite tea at Diane's Bakery. "The visits! The clean air! Being able to see for miles!" Her visit turned into a life-long commitment to the west. Then she met a former boyfriend who also had made the move from the crowded streets of Philadelphia. Now, Deb and husband Steve, have been married for nine years. Steve, a craftsman in wood, and Deb form the Uhler-Shatzkin Enterprises.

Deb, a graduate horticulturist, has had a life-long love of nutrition. Starting at the Co-op 11 years ago as a part-time assistant, she now is manager of supplements and will continue until she has her replacement trained. "She will be missed by everyone," said Manager Kathleen Wigley.

THE PREZ SEZ...

Is it time?

The Silver City Food Coop has always operated under the Seven Cooperative Principles. The Third Principle: *Member Economic Participation* has not been fully accessible to us because our legal entity is as a non-profit corporation.

Perhaps it is time that we look at moving from that of a non-profit entity to that of a cooperative as our legal structure.

We will be educating our Board of Directors, staff and members on this issue in the upcoming year so that we can make an informed option to present to our members.

— Betty

SILVER CITY FOOD CO-OP Established 1974

BOARD OF DIRECTORS

Betty Mishuk, president
term expires 2000
Mark Johns, vice president
term expires 2001
Millie Seewald, secretary
term expires 2000
Jane Miller, treasurer
term expires 2001
Pamela Patrick, member
term expires 2000
Mary Conrad, member
term expires 2001
Harry Browne, scribe

STAFF

Kathleen Wigley,
general manager
Gary Clauss, fiscal manager
Mario Ogas, produce
Robert DiPierro, supplements
Pamela Patrick, health & beauty
Marsha Walpole, dairy
Meadow Clark, herbs
Joseph Patrick, janitor
CarolBeth Elliott
Esther Melvin
Hannah Raiter
Molly Patrick
Nancy Stockdale,
contract accountant

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Contributions are welcome.
letters to the editor, articles, news
items, poetry, essays may be submitted
Millie Seewald, editor
mrseewald@zianet.com
mail 520 N. Bullard St. 88061
or leave at the Co-op with GG written
on envelope
(articles will be used at the
discretion of the editorial staff;
there is no pay and contributions will
not be returned)

CO-OP MEMBERSHIP DUES

Adults ... \$ 5.00
Businesses ... \$10.00
Senior Citizens ... Honorary

Information available at the Food Co-
op 520 N. Bullard (505) 388-2343
Store Hours - Mon - Fri 9am-6pm
Saturday 9am - 5pm

**JUST SAY "NO"
TO
FOOD IRRADIATION**

MEET MEMBERS OF THE CO-OP TEAM

MARIO OGAS, Produce

One of the nicest greetings a customer receives is the smile from Mario in the produce department and his greeting, "What can I help you with today?" Knowledgeable about his produce and the local vendors whom he supports, it is a delight to chat with him.

He has worked at the Co-op for three years and declares that this "is the best job that I have ever had." He describes the Co-op as an "interesting fish hole" with all the types and beliefs that he encounters daily. When asked if the illusion to the "fish hole" meant that he liked the sport he affirmed it as a favorite day-off activity. He prefers lake fishing specifically at Bill Evans lake. His seven year-old son, Marshal, accompanies him while Isaac, two months, keeps mom, Callie, company at home. Callie was also an employee at the Co-op but now is an "at home mom" home-schooling Marshall.

Mario says that he doesn't plan on the Co-op being his livelihood but "until the Lord moves me elsewhere this is where I want to be."

The following recipe is taken from Mario's "Hungry Man and Wants to Eat Now Cookbook":
PUMPKIN RECIPE Select one small sugar pie pumpkin and chop into two or three inch squares. Boil or steam until tender. Just before pumpkin pieces are tender melt a stick of butter in sauce pan. (Do not burn!) Serve the pieces on a plate and pour over as much butter as desired, add salt (if you want) and chomp down.. No silverware necessary.



MARSHA WALPOLE, Dairy

As with so many newcomers to Southwest New Mexico it was the Silver City Food Co-op that decided their new home. Marsha and Andre Angermann live in Glenwood where Andre is a computer whiz and Marsha commutes where she greets customers in the dairy department. She also helps with the daily sandwich making.

Marsha is a graduate of Colorado Mountain College in Early Childhood Development and taught for 10 years in a laboratory program at the University of Oregon. "It was interesting because of the diverse cultures that I encountered." The different cultures in Silver City is a plus for Marsha.

Marsha is sharing one of her favorite soup recipes - **CARROT SOUP** - perfect for crispy, brisk fall weather. It takes 45 minutes to prepare and yields 4 to 5 servings: 2 lbs carrots, peeled and chopped; 4 Cs stock or water; 1½ tsp salt; 1 med potato, chopped. Bring to a boil, cover and simmer for 12-15 min. Let cool to room temp.

Meanwhile saute in 3-4 Tbs butter with a dash of salt - 1 C onion; 1 or 2 cloves garlic (crushed), and 1½ chopped cashews. Puree everything together in a blender until smooth. Return the puree to kettle & whisk in 1 C plain Rice Dream. Season with 2 pinches nutmeg and ½ tsp mint-dash of cinnamon.

from Shelton's Poultry in California

Thanksgiving **TURKEYS** Naturally Raised

These turkeys have been raised on whole grains without hormones or artificial growth stimulants. 9 lbs to 24 lbs frozen turkeys are available

Orders must be received at the Co-op by Thursday, Nov. 18 at 4 p.m.

CARVING A PUMPKIN?

Rinse the seeds, place them on a baking sheet lightly coated with cooking spray or oil, roast at 350°F for about 15 minutes, and season with cayenne pepper, garlic or onion powder.



Message from the Staff

THE FOOD CO-OP = EDUCATION

Our co-op feels that part of our responsibility to the community is an educational one. One of the ways we try to accomplish this is by passing on, to you our, customers, third-party information on nutrients and their scientific validation.

We have compiled enough to fill a filing cabinet. You will find it in the bulk herb section. We only ask that should there be one copy left, please xerox and return.

You are also welcome to use any of our reference books found in that area.



LETTERS

"Reduce, reuse, recycle!" Apply this to seeds? Yes. According to the Silver City Seed Savers and we want members of the Co-op to save for their own use and to share with others.

With multi-national corporations buying up seed companies and genetically altering veggie seeds to include pesticides, it soon may be impossible to grow new plants from harvested seeds. Saving non-hybrid and heirloom veggie varieties is a way to help secure our food sources. Saving seeds from wildflowers and other native plants is as important as preserving disappearing habitat.

Our local group will be exchanging seeds the last Saturday, Oct. 30, of the Farmers' Market and will provide harvesting and preserving tips for interested gardeners. For additional information, call Gwen at 538-0476 or Margaret at 534-9658.

Margaret Hadderman, Co-op member

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THE POLITICS OF FOOD

"Genes Are Changed, but Not the Label," by
Marian Burros, The New York Times, Sept. 8, 1999

When a field of genetically altered corn at the University of Maine was destroyed by protesters in mid-August, it was a rare hint that uneasiness over bioengineering in agriculture is growing among Americans. Such actions have become common overseas, with experimental fields burned in England, and the European Union and Japan decreeing that genetically engineered food be labeled.

But Americans have so far been slow to anger. One reason may be that most of them don't have a clue that many foods are already being made with genetically engineered ingredients: no labeling is required in this country, nor is government approval.

But the September issue of Consumer Reports includes a surprising shopping list of products tested by Consumers Union that were found to contain genetically engineered soy, corn or other ingredients. Among them were three powdered baby formulas -- Enfamil Prosoy soy formula, Similac Isomil soy formula and Nestle Carnation Alsoy -- as well as several soy burgers, including Boca Burger, Chef Max's Favorite, Momingstar Farms Better 'n Burgers and Green Giant Harvest Burgers. Ovaltine Malt powdered beverage mix, Bac-Os Bacon Flavor bits, Bravos Tortilla Chips, Nacho Nacho, Old El Paso 12 taco shells and Jiffy Corn muffin mix also tested positive for genetically altered ingredients.

--Next Column, please

NATIVE SEEDS - A HISTORY

Southwestern Native American farmers produced a variety of edible plants despite the region's marginal growing conditions. As late as 1925, the Tohono O'odham people cultivated 10,000 acres with flood water methods. Today, only a few scattered plots remain.

Native Seeds was founded in 1983 to research and locate seeds. Today it has become a leader in the heirloom seed movement. It's seed bank is a unique resource for both traditional and modern agriculture. It includes 1800 collections, many rare or endangered; more than 90% of these crop varieties are not being

Consumers Union said it tested breakfast cereals and cooking oils too, but that the results were inconclusive. It also reported that 60 percent of all hard-cheese products are made with a biotech version of rennet, the enzyme from calves' stomachs. And it analyzed McDonald's McVeggie Burgers, sold in some of the chain's New York City restaurants, which also tested positive.

Consumers Union said it chose to test foods that were likely to include genetically altered ingredients; the testing analyzed the DNA makeup of those foods. Some dairies and tofu makers have found that they can increase sales by noting on labels that their products are free of genetically engineered ingredients.

Because so few safety studies have been done, there is no evidence that genetically engineered food now on the market is unsafe to eat. But some scientists and consumer advocates worry about the potential for unknown allergens, an increase in natural toxic substances, a decrease in nutritional value and especially environmental damage. In addition, some religious groups are concerned about the possibility that genes from foods they are forbidden to eat will be put into other foods, like shellfish genes into a tomato.

The environmental concern has led to protests like the one in Maine, in which a group calling itself Seeds of Resistance claimed responsibility for cutting down 1,000 stalks of genetically engineered corn in an experimental field near Bangor.

But the big issue, as Consumer Reports emphasized, is whether consumers should be informed when bioengineered ingredients are used, so they can decide whether to avoid them.

--submitted by Harry Browne

systematically preserved elsewhere. Besides the expected drought tolerance of desert plants, many are resistant to rusts, insects, chemicals and other stresses. They provide an irreplaceable "genetic library" to draw upon to ensure sustainable, environmentally safe agriculture in the future.

There is now almost 20,000 members. Membership is open to everyone. Native Americans living in the Southwest may join free and receive seeds at no charge.

For more information visit their web site at www.azstarnet.com/~nss.

--submitted by Rachelle Summer