



# Silver City Food Co-op Garbanzo Gazette

it's  
MAD!

Volume 24

❖ Our Monthly Newsletter ❖ September 2024

## Co-op Hours:

Mon. - Sat.  
9 am - 7 pm

Sunday  
11 am - 5 pm

575•388•2343  
520 N. Bullard St.

## LOOK INSIDE!

### • highlights •

- Page 2 - Construction  
Photos
- Page 4 & 5 - Produce  
& Dairy Picks
- Page 6 & 7 - Co-op  
Community
- Page 8 & 9 - Blast from  
the Past
- Page 10 - Honey Month
- Page 11 - Harvest Festival
- Page 13 - Ultra-Processed  
Food
- Page 15 - Board Page
- Page 16 - Members Only  
Specials



YOU  
ARE  
WHAT  
YOU  
EAT

## • PLANT-BASED • What Does This Actually Mean?



by Susan Van Auken

Not so long ago the term *plant-based* was unfamiliar, although now it is used frequently. Nevertheless, there seems to be no clear definition, which can cause confusion.

The term *plant-based* is used for things like a plant-based diet, a plant-based way of eating, and plant-based food. Descriptions I found on the web for these things include a diet that consists predominately of plants, choosing most of your foods from plant sources, and food made or derived from plants. Some definitions found on the web also use other vague terms, like *whole foods*, *healthy foods*, or *minimally processed foods*, or they simply claim plant-based foods and diets contain no animal products.

Why is “plant-based” different from simply eating plants? Or is it? Is it healthier? How does this differ from the term *vegan*? What about highly processed foods created to be meat and dairy substitutes?

Perhaps a little history on where the term originated can help answer these questions.

According to the Vegan Society, in 1944 Donald Watson coined the term *vegan* to define a plant-only diet, thus distinguishing vegans from vegetarians who abstained from eating meat but would eat dairy foods and eggs. By 1949 the Vegan Society had adopted an expanded definition of *vegan* to include a philosophy and way of living that sought to exclude exploitation of, and cruelty to, animals.

For thirty-six years the term *vegan* was used, and the diet it espoused grew in popularity as a lot of people achieved health benefits from it. But the real meaning of *vegan* still included the principle of the emancipation of animals from exploitation by man.

In 1980, Dr. T. Colin Campbell was at the National Institutes of Health researching the potential therapeutic impact of a low-fat, high-fiber, vegetable-based diet on cancer. Campbell sought a succinct term that encompassed this eating pattern without invoking ethical considerations, and he created the term *plant-based*. Campbell needed a word that had the same dietary connotations of the word *vegan* without the animal advocacy associations.

That term, introduced forty-four years ago, didn't jump quickly into common usage. For most of the 1980s, I worked in natural whole-foods stores, and we never mentioned a plant-based diet or called a food plant-based. If someone abstained from eating animal products, they ate a vegan diet. Some companies then began labeling their packaged foods as *vegan*, to let customers know it included no animal products.

Ten or fifteen years ago, most people were not using the term *plant-based*. Although today the term is generally familiar, it is not used for foods made solely from plants, or that are simply plants. All minimally or unprocessed foods are just called what they are: quinoa, black beans, carrots, granola, rice cakes, apple juice. We know this food comes from a plant.

The term *plant-based* may be more closely associated with processed food, often highly processed food, and usually with a product made with plant ingredients but mimicking an animal product, such as yogurt, milk, cheese, beef burgers, or chicken tenders. It would seem that with the proliferation of these new meat-like and dairy-like food products, marketing strategies seek to let people know that even though the picture on the package is of something that appears to be a sausage, or a piece of chicken or cheese, or a beef burger, it is not.

*continued on page 12*

1899 member/owners strong and counting . . .

# Silver City Food Co-op

established 1974



[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

575.388.2343

## Store Hours

Mon-Sat 9am-7pm

Sunday 11am-5pm

## Vision Statement

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

## Seven Cooperative Principles

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

## Kevin Waters

General Manager

## The Garbanzo Gazette

Editor: Mike Madigan

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Susan Van Auken • Monica Rude

Esther Melvin • Elise Stuart • Randy Harkins

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Submissions are welcomed!

Submit letters, articles, or items of interest to:

[judith@silvercityfoodcoop.coop](mailto:judith@silvercityfoodcoop.coop)

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# Unfiltered Waters

by Kevin Waters  
General Manager



A milestone was reached as the metal building is now fully enclosed, and the refrigeration system work is underway. Three walk-in coolers up in three days! The preparation work for the stucco on the outside is nearly completed. Framing, plumbing and electrical in the metal building is underway. This will continue right down to the wire as we are still on track for a late October opening.....



## Round Up Applications

Applications for the  
Silver City Food Co-op's 2025 Round Up program  
will be available from October 1 - 31.

Visit <https://www.silvercityfoodcoop.coop/round-up>  
for an application.

Silver City Food Co-op's  
**50th Anniversary**  
 1974 - 2024  
 September  
 Anniversary Sale

**September 4 - September 17**

**Wild Planet**  
 Skipjack Wild Tuna  
 Regular Price \$8.89  
 Co-op Deals Price • \$5.49  
 Take an extra 50¢ OFF  
**\$4.99**

**Bob's Red Mill**  
 Rolled Oats & Quick Oats  
 Regular Price \$7.89 & 7.39  
 Co-op Deals Price • \$5.49  
 Take an extra 50¢ OFF  
**\$4.99**

**C2O**  
 Coconut Water, 4 pack  
 Regular Price \$9.79  
 Co-op Deals Price • \$6.99  
 Take an extra 50¢ OFF  
**\$6.49**

**Maine Crisps**  
 Crackers, All Varieties  
 Regular Price \$7.29  
 Co-op Deals Price • \$5.49  
 Take an extra 50¢ OFF  
**\$4.99**

**September 18 - October 1**

**Rumiano**  
 Cheese, 8 oz, All Varieties  
 Regular Price \$5.99  
 Co-op Deals Price • \$4.79  
 Take an extra 50¢ OFF  
**\$4.29**

**Terra**  
 Chips, All Varieties  
 Regular Price \$5.19  
 Co-op Deals Price • 2/\$7.00  
 Take an extra 50¢ OFF  
**2/\$6.50**

**Woodstock**  
 Pickles, 24 oz, All Varieties  
 Regular Price \$7.99  
 Co-op Deals Price • \$5.49  
 Take an extra 50¢ OFF  
**\$4.99**

**Bitchin' Sauce**  
 All Varieties  
 Regular Price \$6.49  
 Co-op Deals Price • \$5.49  
 Take an extra 50¢ OFF  
**\$4.99**



<i>Judith Kenney</i> outreach/GG	<i>Jaylene Chacon</i> cashier/stocker
<i>Kate Stansberger</i> supplement buyer	<i>Isaiah Muñoz</i> utility
<i>Jake Sipko</i> produce manager	<i>Doug Walton</i> deli manager
<i>Carol Ann Young</i> GG/office	<i>Steve Buckley</i> utility/POS
<i>Becky Carr</i> dairy buyer	<i>Sarah Lynn</i> bulk buyer
<i>Marguerite Bellringer</i> finance manager	<i>Arissa Chavez</i> deli
<i>Doug Smith</i> deli	<i>Donna O'Donovan</i> utility
<i>Tinisha Featheringill</i> HABA buyer/POS	<i>Maeve Hyland</i> deli
<i>Mike Madigan</i> operations manager	<i>Rechelle Gutierrez</i> utility
<i>Joy Kilpatrick</i> receiver	<i>Sandra Rivera</i> grocery buyer
<i>Judy Kenneally</i> deli	<i>Mikayla Portillo</i> utility
<i>Kevin Waters</i> general manager	<i>Katherine Henderson</i> utility
<i>Andrea Sandoval</i> cashier/stocker	<i>Josh Magana</i> utility
<i>Eva Ortega</i> produce	<i>Kaelah Sandoval</i> utility
<i>Gini Loch</i> pm supervisor	<i>Aura Shunny</i> utility
<i>Jalyn McClain</i> human resources	<i>Calvin Erickson</i> utility



# Kitchen Meditations

## Summer

### Easy Cinnamon Baked Apples

Apple Season has officially arrived! Here's a recipe that delivers tasty, tender, perfectly caramelized apples. Coconut sugar provides a lovely texture and flavor. A mix of tart and sweet apples are peeled, cored, thinly sliced, and added right to the baking dish before being topped with cinnamon, fresh ginger, and nutmeg. Autumnal bliss!

#### Ingredients:

6-7 medium to large apples (2 tart, such as Granny Smith and 4 sweet, like Honey Crisp)  
2 Tbsp lemon juice  
1 Tbsp coconut oil (optional)  
2/3 cup coconut sugar (provides a delicious caramelized texture and flavor)  
1 1/2 tsp ground cinnamon  
3/4 tsp fresh grated ginger  
1 pinch nutmeg  
3 Tbsp cornstarch or arrowroot starch (for thickening)  
3 Tbsp fresh apple juice or water  
1 pinch sea salt

#### Instructions:

- Preheat oven to 350 degrees F and set out a 9 x 13 inch (or similar size) baking dish.
- Peel (or leave the peel on) and core apples, quarter, and use a paring knife to thinly slice lengthwise. The thinner the better! Try to be consistent so that they cook evenly.
- Add to the baking dish and top with lemon juice, coconut oil (optional), coconut sugar, cinnamon, ginger, nutmeg, cornstarch (or arrowroot), apple juice (or water), and a healthy pinch of salt. Toss to combine, then loosely cover with foil.
- Bake for 45 minutes, covered. Then carefully remove foil and bake for an additional 10-15 minutes or until the apples are very fork tender (especially in the center of the dish) and slightly caramelized).
- Enjoy as is, or with a regular or non-dairy whipped or ice cream of your choice. Leftovers keep covered in the fridge up to 3-4 days or in the freezer up to 1 month.



### Tips for Making Unsweetened Applesauce

Apples are naturally sweet, so it makes sense to omit extra sugar when making applesauce. Whether you're eating it plain or adding it to a recipe, it's a simple way to get vitamins and nutrients into your diet...deliciously! Unsweetened applesauce also makes a great replacement for oil in your favorite dishes, if that's something you're paying attention to. Try Gala, Fuji, McIntosh, and Pink Lady apples to start with, but don't limit yourself. There's a world of delectability in the apple kingdom for you to explore! For a beautiful pink color, try leaving the skin on. It also adds nutrition and fiber!

### Raspberry Walnut Salad with Chicken



#### Ingredients:

For the Salad:

6 cups of mixed greens (a baby spinach and arugula mix is great)  
2 cups shredded chicken  
1 cup raspberries  
1/2 cup red onion, thinly sliced  
1/4 cup chopped walnuts

For the Raspberry Vinaigrette:

1/2 cup raspberries, fresh or frozen  
1/4 cup olive oil  
3 tablespoons red wine vinegar  
1 tablespoon balsamic vinegar  
2 tablespoons honey  
1 tablespoon finely chopped shallot  
1/2 teaspoon salt  
Cracked pepper, to taste

#### Instructions:

- Combine all ingredients for the raspberry vinaigrette in a blender and process until smooth.
- To make the salad, toss together the mixed greens, shredded chicken, raspberries, red onion and walnuts in a large bowl. Drizzle the raspberry vinaigrette over top of the salad and give it a good toss or drizzle it over individual portions when serving. Season with additional cracked black pepper, if desired, and enjoy!

### Herbal News

Do spices expire? Yes and no. Spices do not expire in a way that would make you sick to consume them, but they do lose their flavor potency as they pass their peak freshness. They are considered to be a shelf-stable product and do not have a true expiration date, but if you season your dishes with spices that are several years old, you may not achieve the flavor you were looking for. The reason for this flavor change is that once a spice is exposed to oxygen it begins to oxidize and break down. The natural essential oils escape, weakening the flavor strength, aroma, and color. Ground spices will oxidize more quickly than whole spices due to their increased surface area.

One of the best things about the Co-op is the bulk herbs department. You can purchase as much or as little as you need, thereby minimizing the risk of your spices becoming stale and lackluster. Consider buying only what you're likely to use in one or two months and store them in glass containers. Plastic bags will allow them to deplete more quickly. Be sure to label your jars correctly once on the shelf. It's easier than you might think to find yourself with a shelf full of mystery spices if their names are not clearly indicated on containers.

# Jake's September Produce Picks



## A Very Short History of the Forbidden Fruit

Apples are not native to North America. They originated in the Tian Shan mountains of what is now Kazakhstan, in central Asia east of the Caspian Sea. In fact, Alma Ata, capital of Kazakhstan until 1997, means “full of apples.” It is commonly thought that apple seeds were first spread across the land through the digestive systems of bears and other large mammals (and possibly some megafauna that are now extinct), including the horses of Silk Road traders. Of course, humans, too, had a hand in the process by tossing cores along roadsides or planting seeds deliberately. By 1500 BC, apple seeds had been carried throughout Europe. Indeed, it was the Romans who, during the early centuries of the Christian era, transported apple seeds and trees to the British Isles where, subsequently, many different varieties became abundant. A multitude of domesticated apple varieties, many bred for their distinct flavors, exist in the world today, tracing their ancestral line right back to Kazakhstan’s ancient apple.

The foothills of Kazakhstan’s Tian Shan mountains are something of a genetic wonderland. This vast mountain system forms the border between China and Central Asia, and between its higher spruce-covered slopes and lower down

poplar trees, are dense patches of woodlands brimming with walnut trees and wild fruits. These include apricots, cherry plums and pears, as well as *Malus sieversii*, the aboriginal apple and the primary ancestor of the modern apple that’s been growing there for thousands of years. Today, reserves throughout the Tian Shan mountain range keep the last wild apple forests growing safely, except from foraging bears, who don’t care at all about botanical history.

### Apple Timeline

- Approximately 750, 000 years ago, early Paleolithic food gatherers in what is now Kazakhstan discovered sour crab apples growing wild in the forest.
- About 8,000 years ago, Neolithic farmers in Asia cultivated wild apples.
- 1300 BC: Egyptians began planting orchards along the Nile Delta.
- 800 BC: Ancient Greeks learned grafting techniques.
- 200 BC: Ancient Romans planted apple orchards in Britain.
- 1500s - 1600s: Spaniards brought apples to Mexico and South America.

# Becky's September Dairy Pick

## Auricchio Taleggio DOP



*Auricchio Taleggio DOP has been in production in Val Taleggio, an alpine valley in Lombardy, for over two millenia.*

Taleggio DOP\* is one of the great Italian cheeses with ancient origins. Made from the winter milk of cows, it has been in production in Val Taleggio, an alpine valley in Lombardy, for over two millenia, with Cicero, Cato the Elder, and Pliny the Elder all mentioning it in their writings. Its beginnings can actually be traced to at least a couple of centuries before the foundation of the Roman empire.

As a semisoft, washed rind cheese, Taleggio is rubbed with sea water to help form an outer crust and to prevent unwanted mold growth as it ages in wooden boxes for 6-10 months (the boxes themselves contribute to the earthy straw notes of the rind in the finished cheese). Its herbaceous aroma is reminiscent of fermented fruit, hay and mountain flowers, with a meaty-nutty-fruity flavor. Its versatile nature makes it a delightful addition to various dishes, from pairing with fruits, smearing on a simple piece of bread, or with spices and tomato on bruschetta, a classic Italian appetizer. Its superb melting quality lends itself beautifully to pasta, risotto, or polenta dishes. It is also delicious grated into salads that feature radicchio or arugula.

*\*DOP is an Italian acronym that stands for Protected Designation of Origin. It is a legal certification that guarantees that a cheese is produced, processed and packaged in a specific region of Italy using traditional methods and ingredients.*

**September 1 - September 30 • Members Receive 20 % OFF • In the front cooler**

# CO-OP Community



## Thank You Co-op Volunteers!

Many thanks to these member volunteers for their July service.

Susan Van Auken • Monica Rude  
 Caroline Metzler • Tammy Pittman  
 Sue Ann Childers • Tim Garner  
 Jane Papin • Tasha Marshe



## RAIN CHECK

Sorry we are out.  
 Lettuce make it up to you!



Was the item your're looking for out of stock?  
 Let us fill out a rain check for you!

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



## 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 September

### The Commons



Our mission is to meet the immediate needs of Grant County residents who are food insecure. We strive to build community around the concepts of food justice, local self-sufficiency and sustainability.

### Round Up for July \$910.00

### Farmers' Market



Silver City Farmers' Market is grateful to the Co-op and Co-op shoppers for supporting local food and community through the Round Up program. Funds raised through Round Up will continue to support the Farmers' Market to administer the SNAP/Double Up Food Bucks program helping to make healthy food available to people of all income levels. Funding will also be used to support our local musicians by supporting live music at The Saturday Farmers' Market. Please join in the fun. Everyone is invited.

### Round Up for October

### Youth Murals Program



The Youth Murals Program is a visually dynamic program that engages young people and teaches them about the history and culture of their community, while providing artistic jewels throughout the area.

**Customer Change for Community Change!**

# Silver City Recycles

305 S. Bullard St. at the corner of Sonora Street

Recycling drop-off times for September

Two Saturdays, the 14th and the 28th, 10am - 12noon



Our priorities include:

- Diverting waste from landfills. See "Why Landfill Diversion is Critical"
- Innovating through the reuse and repurposing of waste materials
- Educating the public about ways to reduce consumer waste and fostering more sustainable and responsible waste management practices in general
- Promoting networking between different recycling-based businesses
- Researching resource conservation
- Increasing the demand for recycled products
- Incubating new recycling-based businesses

For more information:

<https://silvercityrecycles.org/>

[silvercitynmrecycles@gmail.com](mailto:silvercitynmrecycles@gmail.com) or: [www.t2t.green](http://www.t2t.green)



## WNMU Distinguished Speaker Series with Judith Fein and Paul Ross

Tuesday, September 24 at 7:00 p.m., Light Hall Theater (on the WNMU campus)

Come join the authors of *Slow Travel New Mexico: Unforgettable Personal Experiences in the Land of Enchantment*. Awarding-winning travel journalist Judith Fenn and photographer Paul J. Ross crisscross New Mexico, finding unforgettable adventures readers can personally experience, such as painting with an abstract artist on the Navajo reservation, visiting a wolf refuge, cruising in a lowrider, or tracking the real-life Billy the Kid. Fein and Ross will share their insights and New Mexico Travel Tips.

The event is open to everyone!

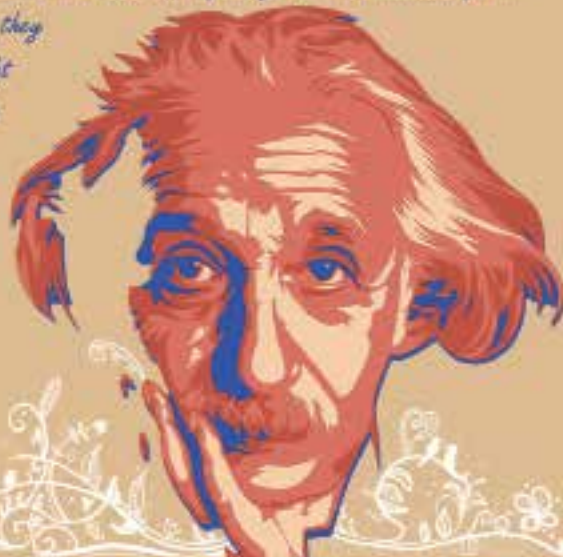
If you have any questions please contact the

Department of Cultural Affairs at (575) 538-6469 or [Cultural.Affairs@wnmu.edu](mailto:Cultural.Affairs@wnmu.edu)

*We hope to see you there!*

*"When I proposed the theory of relativity, very few understood me. And what I will reveal will also collide with the misunderstanding and prejudice in the world. There is an extremely powerful force that so far science has not found a formal explanation to. It is a force that includes and governs all others and is even behind any phenomena operating in the universe and has not been identified by us. This universal force is love. When scientists looked into a unified theory they forgot the most powerful, unseen force. Love is light that enlightens those who give and receive it. Love is gravity because it makes some people feel attracted to others. . . . Love unifies and reveals. For love we live and die."*

Albert Einstein



[www.LotasCenterSC.org](http://www.LotasCenterSC.org)



**DOUBLE UP  
FOOD BUCKS™**

**½ OFF  
Local Produce  
everyday  
with your EBT card**



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

**MAD seven 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!**

## 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

## 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](mailto:judith@silvercityfoodcoop.coop)

Three hours earns a 15% Volunteer Discount





# FROM THE PAST

SUMMER 1999

THE NEWS

LEGUME  
FROM THE  
SILVER  
CITY  
FOOD  
CO-OP

## GARBANZO GAZETTE

SUMMER 1999

520 BULLARD ST. (505) 388-2343

Annual Membership Meeting August 18

### CO-OP CELEBRATES 25 YEARS

When seven friends got together 25 years ago they didn't envision that the Silver City Food Co-op membership would grow to more than 500 in 1999. From a buying club operating out of Beth Menczer's checkbook and food orders divided at Susan and David Berry's back porch, it is now housed in a large, modern building owned by the Co-op and is the only grocery store in Historic Downtown Silver City.

#### HISTORICAL HIGHLIGHTS

At some point in 1974 Gail Stanford suggested that a Board of Directors be formed; later that year the constitution was written by Bill Carlis. The first store front was opened in what is now the Berry's kitchen at 511 N. Bullard. All labor was volunteer.

Herbie Marsden was the first dues-paying member (\$2.00 lifetime!). Thirty-four gathered for the first annual meeting on May 4. By August there were 150 members. Only members were allowed to purchase at the Co-op. Today it is open to the general public.

#### WHAT'S IN A NAME?

*The Garbanzo Gazette, the News Legume from the Silver City Co-op, was born in 1976 and has been given new life twice. The question is - with this new re-birth, shall we dedicate it with a new name?*

*The Board of Directors and the staff want to know your opinion. If you prefer another name, contribute a suggestion. Make a note and leave at the Co-op check-out stand. These ideas will be submitted to the Board for a final decision and a prize awarded.*

The Garbanzo Gazette was born in 1976 with paid ads, humor, recipes, local news, etc. The Board of Directors consisted of 13 members. One of the early paid employees, Jim Goodkind (known as *Goodfellow*) was hired part time. Gross sales were \$18,717.

The Co-op moved to 108 E. Broadway in 1977 with two part-time employees, Jessie Owens and Rocky Mondello. Gross sales were \$25,976.

In 1979, the fifth anniversary, the Co-op was incorporated as a non-profit organization with legal work by David Lane. Betty Mishuk, bookkeeper, filed the first corporate income tax of \$36.43. A Kid's Korner was set up and fresh tofu, made by Frankie Benoist, was featured.

The tenth year, 1984, saw four employees on the roster with gross sales of \$76,406. Mark Johns built a new check-out counter. The following year, June 1, 1985, the Co-op moved to 520 N. Bullard, its present location. A Grand Opening was held with ribbon cutters Ben Altamirano, state senator, and Tom Foy, state representative. Two dairy coolers were purchased and gross sales reached \$99,230.

The first "Tour of the Gila" was held in June of 1987 and vendors for the Co-op supplied \$1,000 in give-aways. The purchase of the building was finalized in October of 1987. Gross sales reached \$240,000. The Farmers Market opened on Sixth Street.

The Garbanzo Gazette was reactivated in January of 1991.

The kitchen/packaging area was completed at a cost of \$7,589 in 1992. Gross sales scaled the \$362,772 mark in 1993 and a new produce cooler was purchased for \$4,011.

On Oct. 7, 1994 the Co-op celebrated its 20th Anniversary with plans to refinance the loan on the building, repair the roof, complete the lighting and install a heater in the warehouse. A general membership meeting featured dessert, potluck, a historic photograph display, music, speakers and reminiscences.

And, so on to the . . .

#### 25th Anniversary

Where: New Mexico  
College of Natural Healing  
(former Broken Oak  
building)

310 W. Sixth Ave.

When: Aug. 18th

6:30 p.m.

Reports: Managers and  
Board of Directors

Election: to fill three

positions on the  
Board of Directors

By-law Changes

Open Forum

for

Membership Input

Please bring a potluck, dessert

or a savory snack to share

Anniversary Cake and drinks

furnished

Music by Bayou Seco

Door Prizes

IT'S YOUR CO-OP PLEASE  
ATTEND!





World traveller and adventurer, Esther Melvin is a longtime member and former employee of the Silver City Food Co-op:

### 2000 Onward

After finishing my job at the Silver City Food Co-op in early January, I flew to Costa Rica to join a friend for his Land Rover road trip back to New Mexico. And despite having "settled down" in Silver City, I went to Mexico's Copper Canyon in 2000, spent a month with an American expatriate friend in Spain in 2006, and in 2010, at seventy-five-years old, had the happy surprise of my fourth trekking trip in Nepal. I have revisited Hawaii six times since 2000 including three weeks in March 2020 on the fringe of Covid-19.

Otherwise, I continued to hike the multitude of trails in New Mexico. In 2016 my friend Paul Cravath, co-owner of our house in Silver City, moved here permanently and died four years later because of a post-polio syndrome. My only health concern other than fatigue is macular degeneration and my good eye responds positively to the magic of painless eye injections.

Currently, I follow my interest in jazz music and work with the Border Partners' nonprofit projects for the Mexican people in Palomas.

As the richness of my life evolves along with a sometimes feeling of loneliness, I remember my good fortune among the extreme turbulence occurring elsewhere. Meditation and sometimes a Buddhist retreat also contribute to a peaceful state of mind.

I have published two books: *My Walking Going* book about trekking in Nepal came out in 2012 and *Aloha Serendipity* of autobiographic essays in 2020.

SUMMER 1999

Gazette - Page 2

## SILVER CITY FOOD CO-OP

Established 1974

### BOARD OF DIRECTORS

Betty Mishuk, president  
term expires 2000

Vicki Allen, vice president  
term expires 1999

Harry Browne, secretary  
term expires 1999

Pamela Patrick, treasurer  
term expires 2000

Mark Johns, member  
term expires 1999

Millie Seewald, member  
term expires 2000

### STAFF

Kathleen Wigley,  
operations manager

Gary Clauss, fiscal manager

Mario Ogas, produce

Deb Uhler-Shatzkin, supplements

Pamela Patrick, health & beauty/books

Marsha Walpole, dairy

Meadow Clark, herbs

Tom Manning, janitor

Bridget Llanes

CarolBeth Elliott

Sarah Gahr

Esther Melvin

Daniel Pennings

Hannah Raiton, maternity leave

Nancy Stockdale,  
contract accountant

## The Garbanzo Gazette Vol 3 Issue 1

Contributions are welcome.  
letters to the editor, articles, news  
items, poetry, essays may be submitted

Rebecca Summer -  
rsummer@zianet.com

Millie Seewald -  
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)

### NEW ARRIVAL

Skyler Holt Raiter born April 25,  
1999 to Hannah and Franz  
Raiter.

### and ... COMING SOON

Another Ogas to join Mario, Callie  
and Marshall Ogas.

## TASTY FOOD - HEALTHFUL EATING THE SILVER CITY FARMERS' MARKET COOKBOOK

This cookbook is a collection of delicious and entertaining recipes gathered from the Market vendors and customers throughout the season. The cookbook is dedicated "to all the folks who appreciate cooking from scratch, with home-grown, fresh produce" and "to those who appreciate the difference between just picked and store bought fruits, vegetables and herbs." It was a labor of love for herb gardener **Contrary Mary** (a.k.a. Mary Rice) which shows in the many recipes she contributed that utilize unusual herbs, such as "Lemon Balm Cheese Cake, Sweet Cicely Fruit Salad" and:

### NETTLE SOUP

2 C dried nettle leaves

¼ C butter

3 ¼ C milk

salt and pepper to taste

Melt butter in a sauce pan, add the nettles and stew gently for about 10 min. Add the milk, bring to a boil and simmer for 10 minutes. Allow the soup to cool slightly, then puree in the blender. Return soup to a clean pan, add salt & pepper and reheat. You may wish to add two or three parboiled potatoes at the same time as the milk before pureeing to make a more substantial soup. This soup is good for anaemia or recovery from an illness.

The cookbook is available for \$10 at the Silver City Food Co-op, SOS Bookstore and at The Silver City Farmers' Market 6th & Bullard Every Saturday in the summer 8:30 a.m - noon

## AND . . . IN HONOR OF THE GARBANZO GAZETTE!

Chick-Pea Sandwich Filling and/or Spread for Crackers, Dip for Vegetables

1 (16 oz) can chick-peas (garbanzo beans)

2 Tablespoons tadjini

2 Tablespoons vinaigrette dressing

½ cup carrot, zucchini, yellow squash or spinach; grated

2 Tablespoons lemon juice or rice vinegar

Drain peas and mash all ingredients together in a bowl using a fork or in a food processor. Spread on bread with tomato and lettuce or sprouts. - *Cookin' Healthy*

## FEATURED EMPLOYEE, ESTHER MELVIN

A 1953 Ford sedan started Esther Melvin on a life odyssey taking her from Ohio and a childhood on a tobacco farm to Los Angeles and work as a secretary with a computer firm. Then on to Paris for a stay enjoying her two favorite pastimes of modern jazz and swing dancing. From California she sailed as a crew member on a ketch to Hawaii where she studied astrology and healing and where she discovered Buddhism which took her on to Nepal. The circle of her life brought Esther to Silver City where she is a part-time employee at the Co-op. She says that she is thankful for her natural good health and the opportunities that have constantly arisen.

### ESTHER'S FAVORITE RECIPE - Szechuan Noodles

12 oz. Udon or soba noodles - cook in boiling water until just tender, rinse and add the following sauce: ¼ C chicken or vegetable broth mixed gradually into 4 T roasted tahini; add 2 T tamari, 2 t hot sesame oil, 2 t garlic powder, ¼ t cayenne (to taste), 4 T rice vinegar. Mix with noodles, then add: ½ C chopped green onion, 2 C fresh snow peas, cut diagonally or 2 C frozen green peas (uncooked), 2 C fresh bean sprouts (optional). Garnish with cilantro. SERVE AT ROOM TEMPERATURE.

Complete your meal with baked yams\* and a green salad — red leaf lettuce, fresh basil, red onion, lemon juice and tofu croutons (saute cubes of tofu with tamari)

\*yams and sweet potatoes, unlike white potatoes, are not of the night shade family.

325,000 - Average number of copies of *Vegetarian Times* sold each month. Average number of copies of *The American Hunter* sold each month - 929,000 *Brill's Content*

# September is National Honey Month



Welcome fall! This year, the autumnal equinox falls on Sunday, September 22. Temperatures gradually begin to drop and the growth of plants slows dramatically. This ninth month of the year also happens to be National Honey Month, a time when bees begin to secure their hives and prepare for winter, and beekeepers in the U.S. typically conclude honey collection for the year. In the celebratory spirit of the harvest, here are some fun, and even crazy, facts you might not know about bees...and honey!

There are nearly 20,000 known species of bees throughout the world, 4,000 of which are native to the United States (USDA).

A single worker honeybee produces approximately 1/12 of a teaspoon of honey in her lifetime. That means around 22,700 bees are needed to fill a single jar of honey! (National Honey Board)

In 2012, archaeologists discovered the world's oldest honey, to date. It was found in ceramic jars in Georgia (the country, not the state) and is estimated by scientists to be 5,500 years old!

Some of the top honey producing states in the U.S. are North Dakota, California, Texas, Montana, Florida, South Dakota, Minnesota, Michigan, Louisiana and Georgia (the state, not the country).

Colony Collapse Disorder (CCD) is a widespread threat that is responsible for the loss a very large percentage of honey bees. You can help stop CCD by eliminating the use of garden pesticides, growing a bee-friendly garden and supporting your local beekeepers.

Honey bees are among the most important pollinators of fruits and vegetables. Without them, we wouldn't have apples, cabbage, lemons, onions or watermelon, and that's just a tiny handful of the foods that rely on bees for pollination.

Without honey bees life would be a lot less sweet. This September, help spread awareness to protect our bees.

## Ways to Build Bee Habitat

Would you like to help build habitat for honey bees and wild bees alike? Even the smallest green space can provide food and safe haven for

pollinators. Whether you're gardening in a window box, garden bed, or across acres of land, the following suggestions from the Bee Conservancy will help improve habitat for bees.

## Feed the Bees

Choose nectar and pollen-rich flowers with a range of shapes, sizes, colors and bloom times. Seek out locally native plants as often as possible, as they have evolved regionally and are well-adapted to the climate, soil, light, and water conditions in that area. Many native bee species have co-evolved to feed exclusively on native flowers and need them to survive.

## Skip the Mulch

Seventy percent of the world's bees, including bumblebees, live underground and need bare, mulch-free, well-drained, protected soil in a sunny area to create and access their nests. If mulching is absolutely necessary, use compost or leaves instead of wood, bark, or other bulky materials, and keep mulch layers thin – no more than half an inch.

## Leave Stems Behind

Don't cut stems to the ground after blooms expire. Instead, strategically trim them so that cavity-nesting bees can move in and lay eggs. Leave spent flowers up through the fall and winter so migrating birds can feed on seeds. Then, in spring, trim stems at heights ranging from 8 to 24 inches high to provide homes for species such as mason bees.

## Say No to Pesticides

The best way to avoid pest issues is to have healthy, resilient plants, which is why we recommend planting native species, which are best suited to thrive in the sun, water and soil of a local ecosystem. If you must use a pesticide, choose a targeted organic product, and always avoid applying pesticides when flowers are blooming or directly to the soil.

## Free Pollinator Habitat Resources

- Find keystone native plants in your ecoregion. (National Wildlife Federation)
- Explore pollinator planting guides by ecoregion. (Pollinator Partnership)
- The organic pesticide report and pest management practices. (Xerxes Society)
- Shrubs and trees for pollinators. (Heather Holms)
- Additional habitat and gardening resources. (Pollinator Friendly Alliance)

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## Sage

*a poem by Randy Harkins*

On a talon torn page  
Owls speak of a sage  
Who, was his name  
They still sing his praises  
In moonlight and dark  
Pitiful repeated prayers  
That echo off silent stars—  
No answers or blessings came  
Sage, and his wisdom stayed  
On top of Bear Mountain  
But he's not there today  
Shot dead, a decaying corpse said  
From beneath the casings and lead

Maybe it was a stray, maybe aimed  
I'll never know, I live below  
Top is too high and cold  
My lessons are learned  
From rustling leaves, and raven talk  
All the colors clouds draw  
Swear me to silence—  
I've seen peace on the birdbath  
War beneath the feeder  
I've seen  
What the deer and spiders  
Care to show me  
Heard what the voice

Inside the storm relays  
Only desire what you've got  
After you've thrown it, all away  
I'm standing out over a canyon  
Sheer edge of a lichen rock  
But I'm not that tough  
Not to hurt  
At what we've done  
To Mother Earth  
To each other  
We're all still calling  
Out to the dark  
To a distant sage

Without ears or answers  
Never believe in a sage  
That goes away, or stays— cold  
High up in some Who heaven  
I listen to the whispers  
Of wind, and feathers flying slow  
Sounds sung, from the small below  
And I believe— I'm one  
Who's heard enough to know  
I'll never know— enough



# Celebrate the Harvest at the Mimbres Valley Harvest Festival

by Valerie McCaffery



Join the Mimbres Valley for one of its annual premiere community events, the 17th Mimbres Valley Harvest Festival on Saturday, October 12 from 10 a.m. to 4 p.m. at the San Lorenzo Elementary School. This traditional harvest festival has evolved into something rather special.

Brandon Perrault, whose French Canadian ancestor settled on the Mimbres River, will play dancing

music with his Trio. Watch and listen to the Mariachi Cobre Band from Cobre High School. Learn about the Chiricahua Apache Nation from tribal member Joe Saenz and from Pitchfork Ranch's A. T. Cole how ranchers, who control a lot of land, can help mitigate climate change, bringing back their wetlands with large scale restoration.

Children's activities include fun runs where everyone gets a ribbon, a whole day of activities at the school's playground area and a raffle for three bikes from Bike Works. This year's harvest festival poster will again be the art of the poster contest winner from the elementary school.

Lots of Mimbres apples will be for sale along with pumpkins, pecans, winter squash, apple cider, fresh produce and preserves, dahlias, medicinal and native plants. Talk with local arborist Gabe Feldman on Growers Row and buy an heirloom Mimbres Valley fruit tree that he has grafted onto modern rootstock. More than forty local arts and crafts vendors will offer their handmade creations.

Sample great food including Filipino and frybread as well as locally made ice-cream and baked goods, or enjoy traditional red chile enchiladas, a major school fundraiser by the San Lorenzo School cafeteria.

Two culinary contests will take place at the festival. The Pie Contest has morphed into the Empanada & Pie Contest. Cash prizes of \$50 and \$25 will be awarded for the first and second place in the pie and the empanada categories. To enter empanadas, bring eight, four inch (or larger) fried or baked sweet empanadas. After the judging slices of all the pies and empanadas will be for sale in the Pie Tent. New this year is a Cake Walk where you can take home dessert.

Solar chefs are invited to set up their solar ovens at the annual Solar Cook-Off & Potluck. Festival goers will get to check out all the solar ovens cooking away with no power cords, smoke or fuel. At 1:30 p.m. participants will enjoy a potluck of solar cooked food and select and award prize winners for the best vegetable dish, best meat dish, best dessert and most innovative solar oven. Find out how you can learn to cook with the sun, save on utility bills and keep your house cool.

A Health Fair will also take place in the school gymnasium from 10 a.m. to 2 p.m. Stop by for free flu shots, blood pressure and glucose tests, vision screens and eyeglass adjustments.

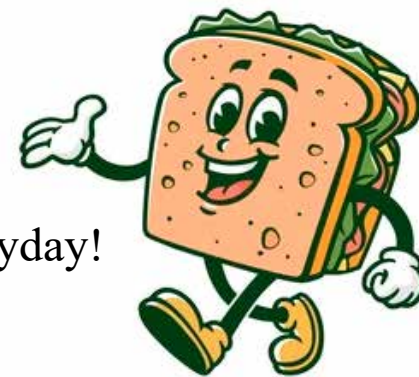
Feeling lucky? Enter the traditional raffle with great prizes and a 50/50 raffle where the winner takes home half of the pot.

Look for printed schedules in the Silver City Daily Press and Mimbres Messenger so you don't miss anything. There is something for everyone. To continue the celebration, bring a cooler to take home fresh produce or cider, an enchilada plate or tasty dish from one of the food vendors for supper.

The Harvest Festival is sponsored by the Mimbres Valley Health Action League and the Mimbres Food & Agriculture Cooperative. On-line vendor, grower, and non-profit registration is still open at [www.mvhal.org](http://www.mvhal.org). For more info contact Bill Overholt at 722-828-9614.



Western New Mexico students  
are eligible to  
**receive 10% OFF**  
all Deli/Prepared Foods Department purchases everyday!  
Please show your WNMU ID  
to receive the discount.



*This discount may not be combined with any other discount.*

## *Plant Based • continued from page 1*

Plant-based was coined as a scientific word to describe the vegan diet of food from plants and no animal products, for health benefits. One definition that I think may be the most concise comes from the National Institute of Health: A plant-based diet consists of all minimally processed fruits, vegetables, whole grains, legumes, nuts and seeds, herbs, and spices, and excludes all animal products, including red meat, poultry, fish, eggs, and dairy products.

But this definition does not include highly processed foods marketed as plant-based, which have quite a variety of ingredients, such as protein isolated from legumes, vegetable oil, starches, as well additives including natural flavors, methylcellulose, gums, inulin, agar, transglutaminase, and more. These food ingredients are not those one might find in a home kitchen, but ingredients required to create a meat substitute that would have the texture and taste of a real meat product. If one defines plant-based as a whole food or a minimally processed food, these highly processed foods do not comply.

While reviewing the meat-like products in our co-op's freezer, I also came across a small package labeled "veggie burger," with ingredients listed as lentils, rice, quinoa, onion, chickpea flour, mushrooms, spinach, tamari, and chia seed. Foods we all recognize, undeniably a plant-based burger.

The term *plant-based* needs a clearer definition. Does it mean "whole food," "healthy food," or that it contains no animal products? When *plant-based* refers to the diet one eats, does it mean one eats predominately plants or that one never eats animal products?

Isn't the typical American diet pretty much plant-based? Along with meat, chicken, fish, eggs, and dairy, this diet includes many other things: breads, crackers, cereals, chips, cookies, salads, rice, cooking oils, juice, fruit, oatmeal, peanut butter, pasta, corn, beer, wine, sodas, nuts, potatoes, which all come from plants. However, many of the items listed are processed, so they do not have the complete nutritional make-up of whole foods.

Are people drawn to a plant-based diet because they believe it to be healthy? This is why Dr. T. Colin Campbell created the term in the first place – as a way to describe the healthy vegan diet without the other ethical implications.

You have choices regarding what to eat and what to buy. Don't be fooled by words on the packages. Read the labels on all products you purchase, educate yourself about the ingredients listed, and decide if you want to consume these ingredients.

***Using the current non-specific definition, do you think that a cow might be classified as a plant-based food since its diet consists entirely of grass and grain?***

References: National Institute of Health, Harvard Health, Vegan Society, Stanford University Plant-Based Diet Initiative

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# Join the Seed Saving Revolution!

Unleash the gardener in you and discover the joy of saving seeds from your favorite crops, herbs, and flowering plants. This fun, hands-on workshop will guide you through the ABCs of seed saving, from recognizing ripe seeds to processing and storing them.

### **What you'll learn:**

- Identify when seeds are ripe and ready for harvesting.
- Discover why some seeds need more time and patience.
- Master the art of processing and preserving your seeds.
- Understand basic seed-saving concepts such as self-pollinating plants, cross-pollinating plants, wind and insect pollination, and isolation distances to ensure the purity of your seeds.

Bring your tomatoes, peppers, squash, cucumbers, or any flowers that have gone to seed, and let's dive into the world of seeds together! Whether you're a seasoned gardener or just starting out, this class is a treasure trove of knowledge and practical skills. Join a thriving community of passionate seed savers dedicated to supporting local food systems and promoting ecological sustainability. Together, we are the custodians of the future harvest!

### **About Your Instructor:**

Janna Mintz, owner of Wild Rocket Gardens, is a Gardenary Certified Garden Consultant. With over 30 years of experience growing edible and pollinator gardens in New Mexico, she teaches people how to garden and save seeds. Janna is passionate about the garden-to-table journey, regularly harvesting fresh produce from her garden to create delicious meals. With her extensive background in seed saving, Janna is excited to share her wisdom and help you become a successful seed savior.

**Saturday, September 14, 10:00 am - 2:00 pm in Silver City**

**Registration is required, and seating is limited: <https://bit.ly/SeedsSilverCity91424>**

**Contact information: [janna@wildrocketgardens.com](mailto:janna@wildrocketgardens.com) or 575-342-1189**



# Ultra-Processed Food: What's In It for You?



by Monica Rude

Oh – those yummy sodas, candy, energy bars, fruit-flavored yogurt, frozen pizza, and frozen meals—they do satisfy cravings for sweet, fatty, salty foods. What's not to like? Emerging research suggests these ultra-processed foods, typically high in salt, sugar, and fat increase your risk of heart disease, obesity, diabetes, anxiety, depression, and vascular dementia (decreased blood flow to the brain, leading to cognitive decline.)

Humans have evolved to respond to foods that are sweet, fatty, and high in calories. For most of human existence this helped us survive. But in nature, foods are only modestly high in sugar—like berries—or high in fat, like nuts. You don't find foods high in both sugar and fat, a hallmark of ultra-processed foods. Add in salt, artificial flavorings, and bright colors, and our brain simply loses control over these foods.

## Unprocessed vs. Processed vs. Ultra-Processed

Processed foods can be healthy, it's the ultra-processed items that are linked to poor health. What's the difference? Very generally, ultra-processed foods use ingredients not found in a home kitchen. Unprocessed or minimally processed foods such as fresh or frozen fruit, vegetables, seafood, meats, flour, and pasta, usually have just one item on their ingredient lists.

Processed ingredients, such as vegetable oils, sugar and corn starch, are extracted directly from unprocessed foods. Processed foods, such as bakery bread without preservatives, most cheeses, and tuna, beans or vegetables canned in salt and water have short ingredient lists with recognizable terms, and salt is the main preservative.

Ultra-processed foods are high in **fat, sugar and/or sodium** and typically enhanced with flavorings, dyes, artificial sweeteners, artificial colors, preservatives, thickeners, stabilizers, emulsifiers, and gums. Ingredient lists can be long, like the 48 items in a Nutri-grain Soft Baked Strawberry Breakfast Bar. More than 10,000 chemicals, some of which are potentially toxic, are allowed in food sold in the US. They do not have to be approved by the FDA.

But they are so tasty and hard to resist! This is no accident. Food companies hire “flavor scientists” to design irresistible flavors, their goal being to make food addictive. Flavors, the fourth most common ingredient, are designed to increase sales by making mouthwatering tastes, making packaged food taste fresh, giving a processed food a bolder taste than a comparable natural food and making the taste short-lived so that you eat more. Follow the money. Last year the global market for sales of flavor ingredients was \$16 billion.... Foods that are baked, fried, frozen, pasteurized, kept on the shelf at room temperature for long periods of time, lose flavor, So what flavorists do is try to add back to that and make that taste like Mother Nature intended. Or maybe flavors Mother Nature never intended...

One flavor scientist said, “You can't re-create what's been created in the kitchen, but if I can make it taste great and you can add water and have it in 30 seconds, then that's a fabulous breakfast for my son”. Aha! Convenience & comfort = the #1 American values. We pay with our health if it's quick and easy and cheap and tastes good.

Watch out for the dyes in food. Three colors in particular – Red Dye 40 and Yellow Dyes 5 and 6 – make up 90 percent of food dye used in the US. More than 36,000 food products sold in the US. contain Red 40, according to the Department of Agriculture's branded foods database. Aha! Better to look good than be good for you...

The US. consumes more ultra-processed foods than any other industrialized country. These foods make up more than half the typical adult diet in this nation – and rising. We also have the highest rates of heart disease, obesity and diabetes. But sometimes ultra-processed foods are the most affordable, easiest access choice. In many communities people living on less income find highly processed food is more accessible and affordable. Many people think that granola and trail mix bars are a quick, healthy choice for themselves and their kids. Think again. No less than 91 percent contain added sugar. In some, almost of a third of the bar's weight is sugar.

## How to Lower Your Consumption of Ultra-Processed Foods

Who doesn't want a little junk food from time to time? It can be a treat that shouldn't cause major health problems. The key is to avoid the health consequences that can come from consuming too much of it. If you choose to eat ultra-processed foods, do so in moderation.

- The best foods for you and your family are home-cooked meals made of ingredients that do not come pre-packaged - fruits, vegetables, fish, meats and whole grains, beans.
- If you buy packaged foods, choose organic whenever possible. They're made with fewer harmful ingredients.
- Read labels. The fewer ingredients listed on the label, the less processed the food. If there are more than one or two ingredients you can't identify, the product is likely ultra-processed and contains potentially harmful chemicals.
- Beware front-of-packaging marketing language, like *healthy*. Companies can use whatever language they want on front-of-package labeling, including using green packaging and graphics to hint at a higher nutritional value than a product merits.
- Beware convenience stores and fast food restaurants, hubs of ultra-processed foods and their numbers have skyrocketed in recent years. There are 35,000 convenience stores in the US.

Environmental Working Group (EWG) has created *Food Scores*, a searchable database of more than 120,000 foods, to help you learn more about food products and their ingredients. Products are rated on the basis of ingredients (including additives and preservatives) and contaminants (such as mercury, arsenic and BPA), nutrition and the degree and type of processing. There's an app, of course... for convenience...

To learn more about the chemicals used in processed foods, please visit  
***EWG's Dirty Dozen Guide to Food Additives.***  
<https://www.ewg.org/foodscores/content/ewg-food-scores-state-of-america-food-landscape/>



# Round Up at the Co-op

Since 2018, the Silver City Food Co-op has been participating in Round Up, a simple, yet powerful, community giving program that allows customers to round up their grocery bill for a recipient organization that shares the Co-op's commitment to a healthy community. A calendar of rotating monthly recipients is established annually, one organization for each month, and all donations made during that time go to them. The Silver City Food Co-op is proud of our cashiers, who make this program work and grateful to our members and customers who have been abundantly generous in giving to our community.

It is required that each organization applying for Round Up donations be a 501c3 non-profit. Are you interested? Applications for 2025 will be accepted from October 1-31, 2024. You'll be able to apply online at [silvercityfoodcoop.coop](http://silvercityfoodcoop.coop).



*A happy event!  
Michael Olson receives a Round Up check  
for the Silver City Farmers' Market from Kevin, our general manager.*

## Heads up! Time to Harvest Mesquite

NOW is the time to harvest mesquite pods. By August and September they are ripening and falling of the trees.

Honey mesquite (*Prosopis glandulosa*) is the one that grows in Grant County in washes, grasslands and overgrazed areas. It's a large deciduous shrub with spring flowers of yellow catkins dangling down that in late summer develop into fleshy pods several inches long. The tree sports straight stout spines that make harvest painful and treacherous. But worth it! The mature pods are harvested in late summer – early fall when they easily come off the branch with a gentle tug.

If you have to pull hard, they're not ready yet! They don't all ripen at the same time, requiring repeated visits to the patch. Ripe pods range in color from yellowish tan to reddish or purplish (not green), and are dry and brittle. Avoid moldy pods or any on the ground which may be contaminated with the deadly an invisible fungus (*Aspergillus flavus*) which forms the chemical aflatoxin B1, a known carcinogen.

Dry your pods until crispy, then bag and place in the freezer for a few days to kill larva and eggs of the tiny bruchid beetle, which infested the bean when it was green and tender. The holes were made by the mature beetle getting out of the bean. Alternatively, the pods can be baked to kill the larva.

Bring your dried pods to the Autumn Abundance Celebration at the Commons in November, date to be announced in the October Garbanzo Gazette. There the pods will be run through a hammermill into flour, which can be used in baked goods and other foods. Plan to come to learn all about harvesting and using mesquite, get recipes, eat mesquite pancakes. Yum.

*For more information: Asher Gelbart: 575-574-7119 • email: [agelbart@gmail.com](mailto:agelbart@gmail.com)*



## Look Out to Look In

Love brings us up  
from deep water to shore,  
washes us up, gasping for air,  
on a deserted beach,  
not a footprint for miles.

We look out, wanting to get love,  
only to find out that the other is mirror,  
not source.  
And all the while, love dwells beneath  
the hard carapace of our hearts.

Clues are in the wild places.

The river meanders,  
calmly agreeing with everything that happens.  
Heavy rain slices its banks,  
changes its course,  
yet it keeps on flowing.

*a poem by Elise Stuart*

The seed, hidden inside  
last year's flower head,  
hangs on 'til just the right moment,  
when the wind whisks by,  
then drops it into rain-softened soil.

The endless search stops  
when there is no need to look out and  
we are not afraid to look in  
to accept —and heal,  
our own beautiful, broken heart.





# From Your Board . . .

## Five Reasons Why Attending SCFC Board Meetings Can Be Beneficial

### Community Input

Your attendance provides valuable input and perspective, ensuring that decisions reflect the needs and desires of the community.

### Transparency

Board meetings offer transparency into the decision-making process, allowing you to stay informed about the organization's activities and goals.

### Networking

It's a great opportunity to connect with other community members who share your interests and concerns.

### Empowerment

Being involved in the decision-making process empowers you to influence change and contribute to the betterment of your community.

### Education

Board meetings often include informative presentations and discussions on relevant topics, providing an opportunity to learn and stay updated on local issues and initiatives.

Come join the conversation at our monthly Board of Directors meetings, held on the fourth Wednesday of each month. The group convenes in the AV2 room of Miller Library on the WNMU campus, from 5:30-7:30.

Everyone is welcome to stay the entire time. There is a time set aside close to the beginning of each meeting when members can address the Board. Each member that wants to address the Board has up to 5 minutes to make a statement. If you'd like to speak, please send an email to David Burr, our Board president at dburr@iu.edu or contact board.scfc@gmail.com.

The only time a member cannot be present is during an Executive Session. These occur rarely and always at the end of the open Board meeting.



### Board Meeting Schedule

The SCFC Board of Directors meets the fourth Wednesday of each month at in conference room A in the Miller Library, WNMU campus, at 5:30. Please email the Board if you plan to attend.

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.

### Board of Directors

**David Burr President**  
Board Term: 2021-2026

**Jane Spinti Treasurer**  
Board Term: 2023-2025

**Paul Slattery**  
Board Term: 2022-2024

**Tuan Tran Vice Pres.**  
Board Term: 2020-2026

**Leo Andrade**  
Board Term: 2022-2026

**Shanti Ceane**  
Board Term: 2018-2024

**Sandy Lang Secretary**  
Board Term: 2022-2024

**Kristina Kenegos**  
Board Term: 2023-2025

**Our email address:**  
[board.scfc@gmail.com](mailto:board.scfc@gmail.com)



David Burr  
President



Tuan Tran  
Vice President



Sandy Lang  
Secretary



Jane Spinti  
Treasurer



Leo Andrade



Kristina Kenegos



Paul Slattery



Shanti Ceane



# September

## Members Only Specials

# September 1 - September 30

## 20% OFF! listed prices



**Auricchio**  
Taleggio Cheese  
7 oz  
reg \$7.99



**Tierra Farm**  
Raw Pumpkin Seeds  
reg \$9.19#



**Epic**  
Venison  
w/ Beef Bites  
2.5 oz  
reg \$9.99



**Auricchio**  
Partufo Cheese  
7 oz  
reg \$12.39



**Mineral Fusion**  
Nail Polish  
Assorted, .33 oz  
reg \$7.49



**Tierra Farm**  
Organic California  
Almonds  
reg \$14.39#



**BelGioioso**  
Pecorino Romano  
8 oz  
reg \$11.19



**Mineral Fusion**  
Nail Polish Remover  
6 oz  
reg \$8.39



**BelGioioso**  
Parmigiano  
Reggiano  
8 oz  
reg \$13.99



**Bertagna**  
Organic Chandler  
Walnuts  
reg \$12.99#



**Herbs, etc.**  
Singer's Throat Spray  
1 oz  
reg \$17.99

### Continuing

**20% OFF!** *Members Only Special*

**African Baskets**

- Various
- sizes •
- shapes •
- prices •



## Co-op Deals

flyers

available

on our website

[www.silvercityfoodcoop.coop](http://www.silvercityfoodcoop.coop)

and at the front of the store

