

the Co-op

something to chew on...

THE NEWSLETTER OF THE DIXON COOPERATIVE MARKET • ISSUE #68 APRIL 2015 • WWW.DIXONMARKET.COM



WELCOME TO THE NEW, IMPROVED DIXON CO-OP MARKET DELI

by Maggie Greenwald

The Dixon Market Deli is once again open for business, after weeks of construction, installation, and reorganization. As we gear up for the summer months we'll be adding more and more new items to our menu, and we are always open to suggestions from our customers concerning new additions. We continue to offer hot breakfast burritos in the mornings, and our line of sandwiches are still here and better than ever. Hot sandwiches are also now available during Deli operating hours, including our new reuben sandwich, which has quickly become a lunchtime favorite.

We also urge our customers to

take advantage of purchasing sliced meats and cheeses to order. We carry Boar's Head non-treated meats and cheeses at competitive prices, and we'll slice up as much or as little as you'd like. A deli was the top priority for our customers, according to every survey the Co-op's ever done, so we hope you'll enjoy it, and if you're so inclined, get involved.

Getting the new deli up and running was a tremendous task, and I can't even begin to thank adequately all those involved with the project. Acknowledgement must go to the Embudo Valley Library and all those whose hard work (Felicity, Amalio, Lori) enabled us to get the USDA grant that made the deli expansion and upgrades possible. All the workmen who worked hard for us meet our schedule, and the many community members who pitched

in to lend a hand, many thanks to you as well.

As of now our current hours of operation are from 9:00 am to 2:30 pm, seven days a week, with possibly longer hours to come in the future. Make it a point to stop by and familiarize yourself with everything we have to offer, (you can also find our everyday menu on our website) sit and relax with friends, and take advantage of this new service that's now available to residents of the Embudo Valley. I look forward to seeing you. 🍷

**Need to order in advance?
See our menu on our website.
Have your sandwich or sliced
meats/cheeses ready when
you walk in the door!**

LOS de MORA

by René Disbrow

To meet the demand for high quality local meat, the Dixon Coop has embarked on an exciting new alliance with the Los de Mora Local Growers' Coop, a group of 35 farms and ranches in the Mora area. The Los de Mora Coop requires that its livestock producers receive Animal Welfare Approved certification, which ensures that their animals are raised according to the high-

est welfare standards in the US. To learn more about this certification, you can go to www.animalwelfareapproved.org.

The Dixon Coop is now listed among its vendors, and is working with the Los de Mora Coop to ensure a consistent supply of local beef, eggs and possibly lamb in the future.

Los de Mora Local Growers' Cooperative, Inc. will be hosting their 3rd annual Co-op meeting on Friday, May 15th, and all Dixon

Coop members are invited to attend. The location is yet to be determined, but if you are interested in going, you can check into their website (ourmora.org/local-resources/los-de-mora-growers-coop/). 🐾



The Board of Directors

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The Co-Op is open
 Monday-Friday
 9am - 7:00pm
 Saturday and Sunday
 10am - 6:00pm
 505.579.9625

The Coop has returned to Summer Hours.
 Now open 'til 7 Mon-Fri and 'til 6 on weekends!



Dixon Market Deli Grand Re-Opening Celebration!

Saturday, March 28th from 10 'till 2 at the Co-op.
Free samples, and Co-op members get \$1.00 off all deli items.



MASSAGED KALE SALAD

by Heather Harrell

I suppose by now we all know that kale is one of the world's healthiest foods. It is significantly higher in nutrients and health benefits than spinach. If only Popeye had known, he might have been able to crush that dratted Bluto once and for all!

Kale is packed with Vitamin K, Vitamin C, and Vitamin A and has lots of minerals, such as iron, copper, manganese and phosphorus. Studies now show that Kale's high antioxidant content

would have thought that kale just needed a good massage to taste delicious?

Over time, I've adapted her recipe to include some other of my favorite foods, but you can dress it up any way you'd like once you've got the basic formula in place. The base is just some nice fresh kale, minced into little pieces, then sprinkled with salt and fresh lemon juice. Then you massage it, crushing it slightly, allowing the salt and lemon to get into its pores and essentially "cook" it, kind of like ceviche. If you let it sit for 15 minutes or so before eating it, it softens, and releases

a bright green juice, and tastes totally wonderful.

I've found that sometimes (especially if you are feeding kids) it's a nice variation to use fresh orange juice or grapefruit juice for a slightly sweeter salad, or even put a little maple syrup into the mix with the lemon juice version. This

salad has been a favorite with my thirteen year old for many years, and she routinely requests it, then raves about it as she's eating. It's one of those foods that starts making you feel good as soon as it goes down.

My favorite ingredients to add to this basic recipe are pomegranate seeds, feta cheese, and roasted pumpkin and sesame seeds. Often, I'll also include a side of pickled beets, as their color and flavor are a beautiful complement to the rich green kale.

So if you haven't been a fan of kale in the past, or even if you already are and want to try some-

thing new, check this one out.

Basic Ingredients:

**Fresh Kale, minced
Lemon Juice
Sea Salt**

Use the lemon and salt to taste... massage lightly, thinking good thoughts.

Optional Ingredients:

**Feta Cheese
Pomegranate Seeds
Roasted Pumpkin and Sesame Seeds
Pickled Beets**

For a sweeter salad, use orange or grapefruit juice instead of lemon, or add a dash of maple syrup. Enjoy! 🍷



makes it an excellent food for fighting cancer. It is also anti-inflammatory, detoxifying and lowers cholesterol levels. So who wouldn't want to eat it, right?

Unfortunately, many people find eating kale a bit like chewing on seaweed. "Earthy" is not the most appetizing descriptor when looking for a yummy snack or side dish. Until the last couple of years, I was one of those folks who just couldn't find pleasure in eating my kale, even though I knew it was good for me. That was until fate and good fortune combined to bring a young intern to our farm whose favorite food was "massaged kale". Who ever

Hey Members!

Don't forget to take advantage of your monthly discount! If your cashier doesn't ask, Speak up!



THE TAOS SEED EXCHANGE Growing Through Sharing

by Nan Fischer

The Taos Seed Exchange was born in 2013 in Taos, New Mexico as a free community service for home gardeners who want to exchange seeds with one another. Exchange stations are set up in progressive businesses around the region to create a perpetual seed swap, and the Dixon Market is one of those sites.

There is also a huge, annual one-day seed swap in Taos. Hundreds of The Taos Seed Exchange – Growing Through Sharing

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change seeds with one another. Exchange stations are set up in progressive businesses around the region to create a perpetual seed swap, and the Dixon Market is one of those sites.



There is also a huge, annual one-day seed swap in Taos. Hundreds of gardeners and farmers from northern New Mexico come to share their seeds and knowledge. This year, it is March 28th

from 10am-2pm at the Quality Inn on Paseo del Pueblo Sur.

In 2014, I started selling Renee's Garden Seeds at the exchange stations, including the Dixon Market, and I now offer a CSA of starts and seeds to be delivered in time for planting. Plants and seeds are open pollinated or heirloom, so my customers can save their own seeds. For more information visit: sweetlyseeds.com/csa/

The Taos Seed Exchange has been built on donations of seed, money, and energy from kind, loving, and generous people. Gardeners are a wonderful lot!



www.sweetlyseeds.com
growing through sharing 🌱

**5
BUCKS
OFF!**

TAKE A BIG "5" OFF ANY PURCHASE OVER \$30!

Fine print: This offer is not good with any other discounts or discounted items. Not on specially priced items or sale produce. Not on cigarettes, chicken feed or any other items we don't usually offer discounts on. And definitely not on any Buying Club items. Everything else is fair game.

Only 1 coupon per day. Offer Good from 4/06/15 thru 4/19/15

**Coming in June.
Stay tuned...**

