

the Co-op

the official newsletter of your community grocery

A MONTHLY NEWSLETTER FROM THE DIXON COOPERATIVE MARKET

ISSUE #17 FEBRUARY 2007

WWW.DIXONMARKET.COM



The President's Corner by Jeff Spicer

I was expecting a little more fanfare, a bit more Pomp & Circumstance... trumpets blaring and angels singing - that sort of thing. But no, I've ascended to the presidency without so much as a slap on the back. Clark and I have on more than one occasion been mistaken for the same guy - maybe that's got something to do with it. Things are gonna have to change around here! In fact, they already have, and change is the theme of today's sermon. For starters, I'm no longer the pinch hitter in this space... I dislike sports analogies, but here I am at the plate, and by golly, I'm swingin' for the bleachers! Obviously, my new title has already gone to my head. I'll do my best to maintain a modicum of humility as we go along here. But enough about me already... there are other changes afoot that you should know about.

Jeanne Treadway, our Farmers' Market manager now sits in my old chair and she'll tell you what the view looks like from there on page two. Scott Aby, our able Wednesday afternoon cashier now has a seat at the board as well. Our new treasurer is Patty Nielsen. Patty has relinquished her position as volunteer coordinator and now Karen Cohen is keeping tabs on that terrific bunch of folks. Congratulations to all our new board members and many, many

thanks to our outgoing directors. Clark, Thea and David have made a huge difference in our community. Thanks for all the hard work and dedication.

At the Membership meeting, Clark expressed his desire to see the Co-Op return its focus to the core values expressed in our mission statement. Now that the day-to-day needs of the store are pretty much taken care of by the managers and our three other employees, I too would like us to take another look at our broader purpose.

The Co-Op is supposed to serve as the link between growers and consumers. We haven't done very well in this area and there are several reasons why; lack of coordination between what the Co-Op orders from afar and what is available locally, inadequate storage and presentation of produce, as well as other factors. We need to work more closely with the local growers to figure out how the Co-Op can create a greater symbiosis between producer and consumer.

I read somewhere recently that "Local" was the "New Organic". This should not be news to us. Our Initial Interest survey, revealed that people found "locally produced, conventionally grown" preferable to "organic from out-

of-state" by more than 3 to 1. Remember when the produce truck was a couple of days late because of heavy snow a few weeks ago? It wasn't just the Dixon market that felt the pain... shelves were bare in Smith's and Raley's as well. It reminds us how woefully dependent we really are. What can local growers and producers provide during the winter? Certainly more than what's currently available at the Co-Op. This too needs to change.

Most scientists agree that radical weather fluctuations are only just beginning. As individuals, there seems to be little we can do to avert climate change. While we should drive less with cleaner modes of transportation, it might be more important to be prepared with a fully stocked cellar and a good stack of firewood.

Oh and by the way, there's one more change astute readers will probably notice in this issue of the Coop. The Dog of the Month... is a cat.



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Stories
 by Jeanne Treadway
 Dixon Farmers' Market Manager

Near my computer sits a small stoppered bottle filled with something mimicking tiny, shimmering flecks of gold suspended in a transparent emerald liquid. Simple motion swirls the contents into stunningly beautiful and marvelously intricate patterns: waves, paisleys, star bursts, sunsets. It is a circumscribed world, yet always different and often, as I ponder the lovely formations, my thoughts center on this valley. Each time I touch some aspect of this matria chica, I'm dazzled by the complexity, and the beauty, of what unfolds.

For example, while on the Internet researching community supported agriculture, I found the Farm Connection, an organization

serving northern New Mexico. I emailed for information and Lynda Prim responded. She lives in Dixon and owns an organic and sustainable agriculture consulting business. She also runs the Co-op's Land Link project, which matches people who want to farm with those who have farmland available. Amazing. All I needed to know about CSAs is right here. Sniffing around, I uncover a wonderful synergism that's been here for years – the Co-Op, our Farmers' Market, and Land Link, each created to nourish farmers and eaters.

Later, a troubleshooting telephone call accidentally hooked me up with Clovis Romero's son, Mateus, who's a computer technician and a part-time, soon to be full-time, Embudo farmer. While waiting for electronic gizmos to relay information, we chatted about their fruit, the farmers market, and the repairs FEMA made to the acequia which waters their trees.

At the annual Co-op membership meeting, Fritz Kackley asked that the board of directors consider creating a grocery delivery service for people who are ill or shut in. Patty Nielsen and Carlos Vivanco suggested a few perceptive additions to the idea. I know this service exists, in a simple and informal way, because the courtesy was extended to me a couple of weeks ago. Do other people know about it? Is this something that should be formalized? Maybe one day, Carlos's idea of an electric go-cart delivery service will be reality.

Also at the membership meeting, Mark Dilg remarked that he often found it difficult to coordinate his harvesting with the Co-Op's produce buying. The next day, Funny commented she would love to find an easy way to notify the community about freshly stocked produce or to pass along the information that local organic eggs are in short supply. She mused aloud that KLDK

might serve as the medium, perhaps with a daily report of some sort. Two sides to the same question. Is there a way to make this reality?

These serendipitous adventures happen so frequently they're obviously the norm here. This glorious valley is filled with culturally diverse, vital, intelligent, creative, and passionately committed humans who communicate with each other. Together we're ensuring the health and resiliency of the place we call home. I'm reminded of a passage in *The Dream of the Earth*, a favorite book written by Thomas Berry:

Tell me a story, a story that will be my story as well as the story of everyone and everything about me, the story that brings us together in a valley community, a story that brings together the human community with every living being in the valley....

Let's keep telling each other stories. Let's include hawks and honeybees, fish and felines, oaks and ouzels. Who knows what simple combination of events will uncover another delicious layer of connectedness in this blessed valley?



Got something you want to put in the newsletter? Drop it off at the store or email it to: jeffspicer@dixonmarket.com

The Board of Directors

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The Co-Op is open
Monday-Friday
 10am -7pm
Saturday and Sunday
 10am- 5pm

579-9625

Super Foods available at the Co-Op Stock up today!

Avocados. Rich in good-for-you monounsaturated fats, avocados also contain phytonutrients like cholesterol lowering beta-sitosterol and cancer protective glutathione, along with vitamin E, folate, vitamin B6 and fiber. Ounce for ounce, these creamy “vegetable fruits” contain more blood pressure lowering potassium than bananas, but also more calories (about 300 each).

Broccoli. Bypass broccoli and you’ll miss out on sulforaphane and indole-3-carbinol – potent anti-cancer substances that modify natural estrogens into less damaging forms and increase activity of enzymes that defuse carcinogens. Aim for three servings a week of broccoli or its cruciferous cousins – bok choy, Brussels sprouts, cauliflower and cabbage.

Butternut Squash. This tasty fruit (yes, fruit) is an exceptional source of beta-carotene, the or-

ange-pigmented anti-oxidant that converts to vitamin A in the body. One cup cooked provides more than four times the Daily Value. Squash gets even more kudos as an overlooked source of bone-building calcium (nearly 10% of the Daily Value) for the same one-cup serving.

Edamame. These green soybeans are a staple in Asia for good reason. Soy protein lowers low-density lipoproteins (“bad” LDL cholesterol) and may suggest new research, protect against colon cancer. Soy isoflavones may hinder hormone-dependent cancers (breast, prostate) and bolster bones, but limit servings if you’ve already been diagnosed with breast cancer. You’ll find these in our freezer.

Flaxseed. The tiny nutty-flavored seeds from the flax plant are a notable source of omega-3 fatty acids and lignans, which may block

hormone-related cancers. They pack plenty of protein and fiber, one-third of which is cholesterol-lowering soluble fiber. Sprinkle one to two tablespoons of ground flaxseed into yogurt, cereals, salads, soups and batters.

Kiwifruit. Named after New Zealand’s flightless bird, these unassuming fuzzy fruits (technically berries) were deemed by Rutgers University to be the most nutrient dense of 27 commonly eaten fruits. Two medium kiwifruit have more potassium (505 milligrams) than a banana and twice the vitamin C (114 mg) and fiber (5mg) of a small orange, plus some folate, magnesium, vitamin E, copper and lutein.

Lentils. Available in a rainbow of colors (brown, green, red and yellow), lentils offer a bonanza of heart-protective nutrients, including folate and fiber. Their protein and iron make them a reasonable meat alternative. And unlike their nutritionally comparable bean cousins, they’re a cinch to prepare, as they require no presoaking (though a good rinse is in order) and cook up in about 15 to 20 minutes.

Onions. A symbol of eternity to ancient Egyptians, onions may indeed promote longevity. Pungent sulfur compounds (also found in garlic) thin your blood and lower blood pressure, while quercetin, a key antioxidant flavonoid, helps prevent oxidation of “bad” LDL cholesterol and defends against cancer and cataracts. For the most quercetin, choose red onions over yellow, and yellow over white.

Quinoa (KEEN-wah). Technically a seed, not a grain, this rediscovered staple of the Incas serves up high-quality protein with a better balance of amino-acids than many grains. Delicate in flavor but high



DOG OF THE MONTH

Ashes (disguised here as a cat) lives with Adam and Steve, and according to Steve, she’s never posed for a photo without her collar and tags. We suspect she may lead a secret life... master of disguise that she apparently is.

See Super Foods
cont. next page

FEBRUARY EVENTS

- 1st - Food Buying Club Orders Due
- 4th - First Sunday
10% off at the Co-Op for members
- 9th - Food Buying Club Orders Arrives
- 9-10th- Escape Artist Performance at Peñasco Theater. 7:30 PM
- 14th - Valentine's Day
- 15-16th- New Mexico Organic Farming Conference in Albuquerque
- 19th - President's Day
- 20th - Co-op Board meeting 7pm at the store

YOU CAN ADVERTISE IN THE COOP FOR AS LITTLE AS \$10.00 A MONTH...BUY SPACE FOR 5 MONTHS AND GET THE 6TH FOR FREE. NEED DETAILS? EMAIL US:

info@dixonmarket.com

Super Foods cont. from previous page

in fiber, these rice-like granules also contain ample magnesium, potassium, zinc, vitamin E, riboflavin, copper and more iron than true grains.

Tomatoes. Pizza isn't exactly a health food, but its lycopene loaded sauce is its saving grace. Lycopene is an antioxidant carotenoid thought to protect against several cancers, heart disease and possibly bone loss. Processing tomatoes into sauce, paste, soup, juice, even ketchup releases lycopene from cell walls. Adding a touch of olive oil increases absorption.

Yogurt. An excellent source of protein and calcium, this cultured milk is famed for its friendly bacteria, collectively called "probiotics," which promote good digestion and boost immunity. A yogurt a day may also be good for your waistline; recent research links dairy foods to reduced body fat.

reprinted from environmental nutrition.

EMBUDO VALLEY

- CERTIFIED ORGANIC FEEDS, SEEDS & SOIL
- ALL POULTRY FEEDS
- GOAT, DAIRY & CUSTOM MIXES
- WHOLE GRAINS AND ALFALFA
- SPRING SOIL SUPPLEMENTS
- IRRIGATION PIPES AND SUPPLIES

All from your local Farm and Feed folks

505.579.4147

ORGANICS

Recipe Time

East Indian Guacamole

All ingredients available at the Co-Op (apart from the mint)

- 4 Avocados seeded and peeled
- 2 TBSP lemon juice
- 1 TBSP honey
- 1/2 cup finely chopped onion
- 1/2 cup chopped cilantro
- 1/4 cup chopped fresh mint
- 1 or 2 finely chopped jalapeños
- 1 tsp salt

Coarsely mash (don't puree) avocados. Stir in lemon juice and honey. Fold in remaining ingredients. Serve immediately or cover and refrigerate.

Invite the board over. We'll bring chips.

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