

# the Coop

*all the news that's fit to eat*

THE NEWSLETTER OF THE DIXON CO-OPERATIVE MARKET

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WWW.DIXONMARKET.COM

## Spring & Spinach. Isn't that special?

Oh, Springtime. Can you see the flowers emerging each day? Have you been inhaling their delicious aromas? Birds are humming. Lilacs are blooming. Everywhere it is green. New growth seems to be happening all around us. Just take in the air and breathe deeply. Breathe in those smells that are unique to this time of year. See the colors that emerge with each new day. Notice what is popping up from the ground. The Earth is alive and feeding us on a daily basis – our senses emerge with new feelings of growth. This is the opportunity of the season.

Dandelions, one of the first to appear in this lovely time of Spring, are actually medicinal beings from the earth. They offer cleansing for our livers. Read more about dandelion and its medicinal properties in The Herb Corner (next page).

The growth of the Co-Op

expands as well with the season. You'll start to notice more and more locally grown foods being offered in the produce section. Take advantage of the season and all its offerings. Reap the benefits of eating these foods lovingly grown by our community farmers.

### FOOD OF THE MONTH: SPINACH

Each month we will feature a certain food that is grown locally, right here in the Dixon/Embudo Valley and that is readily available at the Co-Op. Have you noticed the local spinach available in the store? That comes from right down the road. Eating foods that are naturally grown is the best way to treat your body and give it the nutrients it needs - and a great way to support our neighborly farmers.

What does Spinach offer our body?

Researchers have identified at

least 13 different compounds in nutrient-rich Spinach that function as antioxidants and anti-cancer agents. Spinach has also been shown to help those suffering from osteoporosis, heart disease, colon cancer, arthritis and other diseases. Spinach is fat and cholesterol-free, low in calories, high in fiber, high in folate (20% of daily requirement), and also provides 15% of the daily requirement of magnesium. Spinach is an excellent source of vitamin A (70% of daily requirement), vitamin C (25% of daily requirement) and iron (20%

*Continued on the back page.*

## NEW SUMMER HOURS!

(beginning Wednesday, June 1st):

9:00am - 7:00pm  
Monday - Friday

9:00am - 6:00pm  
Saturday & Sunday



## Kahuna-Cation Breakdown

by Nelson Rhodes

Greetings to all our customers from the Ko-op Kahuna! It occurs to me that a column explaining some of our policies and practices might be illuminating to those that patronize our store.

Today I would like to address the subject of pricing, which is probably the area that we are asked about the most. It's also one of the most complicated, particularly due to the nature of our mission and of our customer base. The Co-Op's mission statement says that one of our primary goals is to supply good, nutritious food at a reasonable price; determining what that reasonable price is, however, is mostly based on what we are charged for that food, combined with what our

customer base here in the valley can afford to pay.

We are currently experiencing a "perfect storm" in the food distribution marketplace. A combination of skyrocketing fuel costs and increasing demand have been pushing our costs up literally from day to day. Fruits and vegetables have been affected by devastating weather and strong demand. Frozen foods are going up because the cost to process and freeze (and keep frozen during shipping) is being impacted by the cost of fuel. Coffee has been hit by bad weather and insatiable demand. Dairy products rise weekly. Trying to keep our prices at a reasonable level while still being able to meet our overhead is a daily task!

Larger retailers are able to pay less for much of what they buy because they can purchase in such large quantities. In many instances they are also able to sell their stock at a lower mark-

up because they make up for it in volume. If you only make a few cents on an item, but sell it by the hundreds, it evens out in the long run.

Here at the Co-Op we're unable to purchase our inventory in such large quantities, as our customer base is not nearly as large, and we don't turn product over as fast. A case of 24 heads of lettuce would fly out of a larger store in a few hours, whereas here we're in danger of losing part of that case to spoilage before it all sells. In order to generate enough profit to meet our expenses, and at the same time be true to our vision of charging reasonable prices for good food, the pricing gets to be a true challenge.

We basically try to keep our profit margins low on the "staples," such as milk, bread, flour, and other necessities. It is frequently pointed out, for example, that organic milk can

## The Board of Directors

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**Elena Arellano ~ Secretary**  
elena@dixonmarket.com  
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**Susan P. Lewis**  
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505-751-3016

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

## THE HERB CORNER

One of the first signs of Spring is our beloved yellow dandelion. When we look at life around us, we see so much being offered from the Earth. We originally helped our bodies through plant medicine. In this natural way, our bodies in sync with the natural world and its own inner harmonies, we are able to best help ourselves. Traditional herbalists use dandelion as a Spring Tonic. When we come out of wintertime, out of our caves, out of our slumbering, our bodies need a boost. Dandelion is the perfect remedy as it helps our livers cleanse. Dandelion is available at the Dixon Co-Op as a tincture, which is a liquid version of the plant. Taking dandelion helps our bodies move into the springtime in a cleansing way, clearing our bodies for more energy and moving into wholeness.



### Dandelion Herbal use and Medicinal Properties

The whole plant is used as a medicinal herb internally and externally.

**External Use:** The fresh juice of Dandelion is applied externally to fight bacteria and help heal wounds.

be purchased at a lower price at Cid's. That's true, because Cid's pays less for it in the first place, and they sell more of it. Products where we are charged the same, such as Sage Bread, are usually cheaper at the Co-Op.

I believe that the Co-Op is able to compete favorably with other stores, and that our prices remain competitive, particularly if you consider the time and gas spent to drive into town. We're constantly looking for better deals, and when prices drop for us, they will drop for you, too. I wanted you to know that if you noticed a price increase on some items lately, it's not because I'm trying to fund a trip to Bora Bora or buy a second home in Maui. We'll continue to keep our prices as low as is feasible to keep the Co-Op operational. And look forward to seeing you all at the Co-Op and meeting your needs. We continue to be your friendly, neighborhood market.

The plant has an antibacterial action. The latex contained in the plant sap can be used to remove corns and warts.

**Internal Uses:** Dandelion is also used for the treatment of the gall bladder, kidney and urinary disorders, gallstones, jaundice, cirrhosis, hypoglycemia, dyspepsia with constipation, edema associated with high blood pressure and heart weakness, chronic joint and skin complaints, gout, eczema and acne. As a tonic, Dandelion strengthens the kidneys. An infusion of the root encourages the steady elimination of toxins from the body. Dandelion is a powerful diuretic but does not deplete the body of potassium.

Dandelion is traditionally used as a tonic and blood purifier, for constipation, inflammatory skin conditions, joint pain, eczema and liver dysfunction, including liver conditions such as hepatitis and jaundice.

## JUNE CALENDAR:

**Sunday, June 5<sup>th</sup>**  
**10% off storewide for all Co-Op Members.**

**Wednesday, June 8<sup>th</sup>**  
**Opening Day of The Dixon Farmer's Market**  
**4:00 – 7:00pm in front of the Dixon Co-Op**

The Dixon Farmers Market will be kicking off the season starting Wednesday, June 8<sup>th</sup>, from 4:00 – 7:00pm in front of the Co-Op. There will still be some plants for sale, in case you missed out on the offering on May 22<sup>nd</sup> as well as spring edibles and some live music. Come see what's available each Wednesday afternoon, enjoy fresh food and see what our farmers have been growing lately.

**Friday, June 10 – Sunday, June 12<sup>th</sup>**  
**4<sup>th</sup> Annual Celebrando de Las Acequias:**  
**Water + Resilience**  
**Embudo Mission Building, Dixon**

This event recognizes the role the acequias play in the growing of food in the community and honors those who take care of the water – the mayordomo – and those that grow the food. This event is free and open to the public. Our local Elena Arellano, who is also a member of the Co-Op Board, will lovingly prepare food for this wonderful event. For more information please contact: Estevan Arellano (505) 579-4027 or the Arid Lands Institute at: aridlands@woodbury.edu.

**Wednesday, June 15<sup>th</sup>**  
**A Night of Little Bites**  
**6:00 – 7:30pm**  
**Community Room, Dixon**

Come out for a tasting treat. Fill your belly with wonderful home-made food with ingredients all gotten from our local Co-Op. This night will be the beginning of many events to come. Come learn about how to feed your family and yourself in an easy way, with all the ingredients at your doorstep from our very own Coop. Take away delicious, simple recipes put together by local food enthusiasts and enjoy a night amongst neighbors and friends - sampling delightful edible treats. Give your taste buds a night out on the town and find out what's up our sleeves as the new Food Initiative (a branch of the Dixon Coop) comes to Dixon! There is no charge for this evening's event.

of daily requirement). Spinach also provides vitamin K, which helps blood coagulate and which, along with calcium, vitamin D and phosphorous, is important for strong bones.

- One cup of cooked spinach has 40 calories.
- Spinach is your best bet for folic acid, which helps keep cells all over the body growing

and functioning well.

- *And it's an incredible nonanimal protein source of iron, which delivers oxygen all over the body, providing much-needed energy to kids' muscles.*
- *Spinach also helps regulate blood sugar and keeps your children's hearts healthy because it's high in potassium and magnesium.*

## EGGS MADRID

by Lyn Kirmse

This recipe came together when I lived in Madrid, New Mexico, and has become my favorite breakfast.

For each person, use:

- 1 or 2 eggs
- 1 or 2 slices of bread
- 1 or 2 generous handfuls of fresh spinach (two handfuls is more or less an 8 ounce bag)
- Olive oil
- A lemon
- Salt and pepper or chile pepper

Gently fry or poach the eggs. Steam the spinach by the directions below. Toast the bread. For each person, top a slice or two of toast with olive oil, an egg, a mound of spinach, more olive oil if you like, a squeeze of lemon, and salt and pepper. I like to pile it high and eat it with a fork and knife.

### Basic Spinach Preparation

Wash fresh spinach in a generous sink full of water, making sure there is no grit remaining on the spinach when you finish. Transfer the spinach to a large lidded pot with ¼" of water in the bottom. Spinach shrinks a great deal when cooked, so prepare plenty. Turn the heat to high. When you see steam coming from the pot, you can turn off the heat. Often this is enough to cook the spinach, which will now look soft and deep green, but taste it and steam it for a few more minutes if you prefer. Drain off any excess water. Spinach prepared in the way can be stirred into a soup, beans, or pasta sauce. You can also chop the cooked spinach and add it to scrambled eggs, rice, or a casserole. Enjoy!

## A New Face on the Board

With JoLynn Reeves recently stepping down, Susan P. Lewis has joined the Co-op Board. Most recently she owned and ran a health food store/holistic center in southern Vermont called The Hundredth Monkey and brings all that knowledge to this wonderful community of Dixon. She is very happy to be part of the Board and looking forward to helping the Co-Op grow and flourish.

## BROTHER, CAN YOU SPARE SOME TIME?

The Co-Op is seeking new Volunteers to help out with new Summer Hours. If you have a few extra hours and have been thinking that you'd like to help out at the store, volunteers are greatly appreciated to keep the Dixon Co-Op running efficiently. Thank you for considering this. For more information about volunteering, please contact Nancy at [nlevit@windstream.net](mailto:nlevit@windstream.net) or call her at (505) 579-9631

