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Coop

the official newsletter of your community grocery

AN OCCASIONAL NEWSLETTER FROM THE DIXON COOPERATIVE MARKET

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WWW.DIXONMARKET.COM



The Vice-President's Corner

by Scott Heath

Well, we've had another annual meeting and I've been reelected by the skin of my teeth, I'm sure in large part due to the presence on my knee of the only representative of the under-35 demographic (and cutest one in the room), my 18-month-old son Benny. We say a hearty thank you and a "see you around" to Patty Nielsen and Scott Aby, who I'm certain will still be doing loads of stuff for the Co-Op and the community in general. We welcome to the new Board of Directors Gaywynn Cooper, Treasurer, and Barbara Pollock, Secretary, both longtime hardworking volunteers. Hank Brusselback will be taking the helm as President, and we've created a unique title just for Jay Geiger, Special Advisor to the President, so that he can catch his breath and keep stirring the pot, but let someone else steer for a while. The author stubbornly remains the Vice President.

A quick thank you to every member who attended the annual meeting—you know who you are. And as you also know, there were a whole lot of thanks given out that night, and all well-deserved. For those reading this who were not there, I'd just like to reiterate here how important our volunteers are to the very existence of this store. The simple fact is that without them the Co-Op could not operate. We'd be in the red and have to shut down. Plain and simple. Those

with co-op experience have said that a small store like ours cannot operate more than a year before volunteering begins to drop off. We've beaten the odds and seem to be going strong, yet it all hangs on whether we have continued volunteer support in all the areas that we need: cashiers, stockers, delivery unloaders, etc.

If you have never volunteered at the Co-Op but are interested, here are a few things to think about. There is a job for everybody who wants to help out, no matter what the ability. If you are good with computers and have a friendly face, cashiering may be a good fit for you. If you're on the shy side but have an eye for details, you may prefer to stay in the background and do some stocking and organizing. Doing one of these or any of the other odd jobs will give you a great sense of satisfaction that you are helping your community. The Co-Op is here for you when you are here for the Co-Op. And our friendly Volunteer Coordinator, Karen Cohen, and Assistant Manager, Melody Martinez, are here for you, too, making your labor seem like leisure.

But satisfaction is not all you get. If you work just one four-hour shift a week, you are entitled to 10% off purchases for a whole week. That's money in your pocket and food on your shelves. And did I mention the sense of satisfaction?

If you are interested in helping out, you can contact Karen Cohen at cohntemp@newmexico.com or 579-4095.

Hello everyone! Are you ready for spring? If you are like us, you are probably anxious for spring to arrive. We have been spending the winter salivating over seed catalogs and imagining what our garden may look like this summer. There is help for those farmers and gardeners that are looking forward to tilling the soil. The Turquoise Teapot is offering Gardeners Anonymous meetings every Thursday at 11:00 a.m. at 605 Camino De La Placita, in Taos. Come say hello to Sandy Worth and Kathleen Smith, have a scone and tea and talk about farming/gardening. In addition to the Taos location, we are starting up the Dixon equivalent of the Gardener's Anonymous. The first meeting will be on March 4th, 7:00 p.m. at the Embudo Community Center. Come on down and join us!

Many of you have probably heard about the Seeds of Change seed exchange happening on April 17th, 3-6 p.m. The exchange will be held at the Seeds of Change Farm on 340 Co. Road 57, El Guique, NM. Bring your baggies or paper sacks and load up on free seeds. The Dixon Community Seed Exchange takes place two days later on Sunday, April 19th. Don't miss the event of the year!

Last week, we attended the New Mexico Farmer's Market Managers Conference in Santa Fe. The conference is hosted by the New Mexico Farmers Marketing Association. The theme was volunteerism. Several Farmer's markets shared their ideas of increasing volunteer participation in the markets.

Attendees also learned that some changes were made to the WIC/SENIOR Programs. Like most state agencies, the Farmers Marketing

From the Field



by Dan and Barbara Pollock

Dixon Farmers Market Managers

Association and probably the WIC agency will suffer budget cut backs. The Farmers Market managers will have to partner with other entities and be creative about funding their markets. We will be looking for input from the Dixon community.

On the lighter side, a new organic product has been developed to help the organic farmers. Regalia SC, from Marrone Organic Innovations, will control fungal and bacterial diseases in fruit trees, vegetables and ornamentals. The product is effective in controlling powdery mildews, botrytis, bacterial blight and leaf spot on tomatoes, peppers, lettuce, grapes, strawberries and walnuts. Regalia SC helps boost the plant's immune system by inducing the plants to make natural proteins that fight and inhibit many diseases. The product is derived from the Giant Knotweed, *Reynoutria Sachalinensis*. For more info go to www.marroneorganicinnovations.com.

Another organic control, white mustard seed meal, is also showing success in controlling weedy grasses and annual broad-leafed weeds. The target weeds are killed by a compound called sinalbin, found in the white mustard. The mustard meal, is incorporated into the soil and has controlled barnyard grass, foxtail, lambsquarters, henbit and red root pigweed by 90% for up to several weeks after application. The research is in the trial phase but USDA hopes to have a new, safe alternative for weed control that organic farmers can utilize.

Here is another good reason to encourage honey bees to hang around your crops. Besides pollination, honey bees in numbers, bug the heck out of caterpillars. Caterpillars do not like the buzzing noise of the honey bee wings and will leave a plant that is visited by bees. Now if we could just control squash bugs.....

Until next time, happy farming and gardening. Only 30 days until spring!

MANAGER'S CORNER

From Melody: I know that everyone is concerned about the freshness of our products and we managers are too. One of the biggest frustrations in my job is

keeping the produce fresh. The large refrigerators and freezers we have, put out a lot of heat from their motors. At night, when all the doors and windows are closed, the store heats up like an oven. That heat makes all the produce that cannot be refrigerated like bananas, potatoes, onions etc. age very fast. Sometimes we don't sell produce fast enough and after many hours overnight in that heat, they age quickly.

We have been exploring ways to resolve this. One way is by announcing the delivery schedule in this newsletter as well as posting it in the store. Then shoppers can buy produce, bread and other perishables within a day or two of when they are delivered - when they are the freshest. We encourage you to cut out this schedule and refer to it regularly. When you are happy and satisfied customers then we are happy too.

DID YOU KNOW?

There is an easy way now for you to request an item or make a suggestion about the Market. At the end of the middle aisle, near the cashier, there are two envelopes. One envelope has slips of papers in it and is marked, Requests/Suggestions and the other says, To Managers. The Managers will read these papers daily and you will get a reply within a few days.

With this new system you will know if the Managers were able to order your requested item (or not) and if ordered, when it will arrive in the Market. (and if not, why not) We welcome your suggestions. You can also use this system to tell us what you like about the Market so we can keep doing it!

You've probably noticed the new Asian food products in the Market. Try this recipe submitted by Gaywynn Cooper from Asian Noodles cookbook by Nina Simonds.

Please note: All our peanut butter products are safe and not included on any contaminated listing.

Rainbow Peanut Noodles (serves 6)

½ pound thin noodles such as linguine or rice noodles, cooked until just tender, rinsed under cold water, drained and tossed with 1 teaspoon toasted sesame oil.

5 carrots, peeled and grated

2 English (seedless) cucumbers, peeled, halved lengthwise, seeded, shredded and squeezed dry.

2 cups beans sprouts, rinsed and drained

1 red bell pepper, cored, seeded, and cut into thin strings (about 1 cup)

2 cups sliced cooked chicken (cut into thin strips)

1½ tablespoons minced scallion greens
Chinese Peanut Dressing (see below)

1) Arrange the noodles in a large serving bowl.

2) Arrange the vegetables in concentric circles over the noodles and then pile the chicken in the center. Sprinkle the scallions on top.

3) Serve at room temperature or chilled with the Chinese peanut dressing.

Chinese Peanut Dressing (makes about 1 ¾ cups) Keep a batch of this peanut butter-based sauce in your refrigerator. You can serve it with vegetable and noodle salads and as a go-with-anything dipping sauce. Try it with hot pasta with steamed vegetables on top.

One ½-inch thick slice of fresh ginger, peeled and sliced in half

8 cloves garlic, peeled

1 teaspoon hot chili paste or more to taste

½ cup smooth peanut butter, or more if desired

¼ cup soy sauce

3 ½ tablespoons sugar

3 ½ tablespoons Chinese black vinegar or Worcestershire sauce

3 tablespoons toasted sesame oil

5 tablespoons Chicken broth or water, or more if necessary

In a food processor or a blender, finely chop the ginger or garlic. Add the remaining ingredients in the order listed and process until smooth. The dressing should be the consistency of heavy cream. If it is too thick, add more water or broth; if too thin, add more peanut butter. Refrigerated, in a covered container, it will keep for 2 to 3 weeks.

NEED FRESH PRODUCE?

Come shop the Market on Tuesday/Wednesday afternoons for conventional, Friday afternoons for organic.

Bread

Fano—Mon, Fri

Sage Bakehouse—Tues., Thurs., Sat.

Rainbow—Tues., Fri.

Dairy

Organic Valley—Thurs.

Creamland—Weds.

Rasband—Thurs

Produce

Albert's Organics—Fri.

Zanios—Tues.

Sysco—Weds.

Pastries/Sandwiches

Chocolate Maven—Mon., Wed., Fri.

American Pie—Mon., Wed., Fri.

Specialties

Hummus/Baba/Tabouli—Mon., Fri.

Imported Cheese—Thur.

Olives—Thur.

Fresh Meats—Tues.

Organic Foods—Fri.

Tortillas—Fri. Or Sat.