

the Co-op

the official newsletter of your community grocery

A MONTHLY NEWSLETTER FROM THE DIXON COOPERATIVE MARKET

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WWW.DIXONMARKET.COM



The President's Corner ~ Clark Case

About a year and a half ago, in front of the Dixon Post Office, I asked a woman if she would be interested in a membership to the Dixon Co-op Market. She said to me, "It's a great idea, but it'll never happen." Well, it happened. It happened because over two hundred of her neighbors joined as members, and at least fifty of them pitched in for several work parties and joined committees to establish policies and inventory. To all of those people who believed and contributed time, money, equipment, expertise, and sweat, a great debt of appreciation will be repaid every time you walk through the open doors of your store.

I'm certain that the ones who appreciate it the most are those of us who have served as board members. On behalf of the board, I would like to thank all of the volunteers and members who have shared the vision and supported the cause. And speaking for myself, I would like to personally thank the board members for their years of hard work. It all paid off, and could have only worked with the dedication of committed directors. Thanks Jeff, Thea, David and Linda.

The opening of the Co-op is coming at a time when gas is skyrocketing, the country is at war and environmental catastrophes seem to be only accelerating. Of all that we can do to make the world a



Your ever-serious Cooperative Board of Directors. From left to right; Thea Spaeth, Jeff Spicer, Clark Case, David Rigsby and Lynda Prim. Photo by Nelson Rhodes and the Digital Faeries.

better place to live, local action can have the most immediate and lasting impact. That's why it's so important for you to shop at your co-op. Every cent that you spend here in town will help strengthen the Co-op's ability to function. That might sound a bit trite, but it's the truth and a very real concern for any new business that finally has a look at the real bottom line after a long period of planning and projections. If you want the Co-op to succeed and improve, buy your groceries there. That's all you have to do. If there's an item that you would buy at our store that we don't have, tell Funny or Nelson. Write it down for them and they

will track it down and try to get it here. But without your patronage, the store will not succeed.

And if you really want the store to succeed, there is a lot more that can be done. Volunteers are needed to work in the store. If you are interested, now is the time to talk to Patty Nielsen, Nelson or Funny.

The more you get involved, the better chance that the good things that are possible will become a reality. Let's keep working to make things better at home, even if the outside world would sometimes make us believe that great ideas won't work. It's easy to prove the opposite if we all work towards it.

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Marie and Rachel share a laugh while the band plays on during our first farmers' market season. If you look closely, you'll see a store manager disguised as a guitar player. Photo by Linda Griffith

The Dixon Co-op Farmers' Market: A Sweet Success - But yet...

by Jeff Spicer

The Dixon Farmers' Market is just about to close out its third year of operation. As the Co-op's first visible accomplishment, we are proud of it, sort of like you might be proud of your first attempt at making donuts. Sweet and tasty, but perhaps a bit misshapen and under cooked.

It made no sense that a town so rich in agricultural heritage should need prodding to start a farmers' market. But prod we did and here we are with over 50 vendors a season, combined sales in the \$60,000 range with \$4000+ having gone to the library, and plenty of summertime socializing. All of which we are very proud of, but I can't help but feel that it could be so much better.

Many vendors tell me that the Dixon Farmers' market has a great reputation among other markets, that the "feeling" is so good here. I think that's largely due to the fact that the rivalries and heavy politics one finds at other markets don't exist here, and that it is a family event complete with neighborhood dogs. But I also hear vendors grumble that they just aren't

making what they need to make here. They may love that dogs and kids run free, but they also need to go home with more than a "good feeling". Our vendor attendance is much lower this year than last. This may be due to weird weather, grasshoppers or high gas prices, I don't really know, but I hope it is not a trend, otherwise, the market will no longer seem vital and it could easily cease to be.

As manager of the Farmers' Market, I feel a responsibility to the vendors to make sure the customers come, and the customers want to see a broad variety of produce and prepared foods, as well as that sweet, doughy feeling for everyone.

We will experiment next year with some different ideas as well as amp up our advertising. That will be my job. Your job will be to keep coming and to keep supporting each other from both sides of the stand, and to tell me where you think we could do better and when you think we've done something right. Enjoy the fall harvests and we'll see you next summer.

Finding Ways to Keep Local Farming Vital by Lynda Prim

Many people have a desire to farm in northern New Mexico, but finding land to farm is challenging. Good farmland with water rights is disappearing as population growth and development expand. When land suited to agricultural pursuits is available it is too high priced for most to be able to farm as a way of life. Water rights are essential for land to remain in agriculture, but when people don't know how to work with the land or can no longer farm, water rights are lost or people are compelled to sell them.

The Dixon Cooperative Market in cooperation with the Dixon Farmers' Market have initiated a creative project to put people on the land to grow food for our community and to keep agricultural land in production while keeping water rights attached to the land. This project is quite ambitious in its scope because it addresses a number of interconnected issues of importance to the future of strength and sustainability of the Dixon community:

- connecting the availability of food produced in our community with the preservation of land and water for agriculture
- preserving water rights and the connection of water rights to land that has been in agriculture and has potential to continue being used for agriculture.
- increasing the number of farmers and gardeners growing food

see *Land Link* on pg. 4



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Essential Remedios by Linda Griffith

Did you know that essential oils, the steam-distilled "life force" of roots, leaves, bark, stems and flowers of plants and trees have been used for thousands of years for healing. A single oil may contain hundreds of constituents that may trigger a number of responses in the human body. Very concentrated and very powerful, a drop or two of distilled, therapeutic-grade essential oil can produce quick and significant results.

Lavender essential oil is one of the basic oils to have on hand. It is often called the "universal oil" as it is helpful for so many health issues. It is highly regarded for its relaxing effect on the nervous system. It has an overall balancing effect on the state of mind and emotions. It is very helpful for reducing tension after a stressful day.

Its many uses include treating everyday household and outdoor accidents. It can be used for burns, cuts, bruises, sprains, acne, depression, aches and pains. I have had two clients who were bit by a brown recluse spider. They came to me after having treated the bite in other ways for two weeks. After one week of applying the Lavender oil, the improvement was dramatic.

Also, burns are helped quickly by applying Lavender oil. It MUST be therapeutic grade oil, however, of *Lavandula angustifolia*. Some of the Lavender oils on the market contain a variety of Lavender called Lavandin, which contains camphor, and this could intensify the burn. So, it is important to use the correct oil!

Now that the cold and flu season is almost upon us, it is good to know that there are essential oils and essential oil blends that can be used to boost our immune systems and prevent these illnesses. I put

a drop or two on the bottom of each foot...and the oil enters the bloodstream, protecting us as we go about our day. Some of these immune-enhancing oil blends are: Abundance, Christmas Spirit, Exodus II, Immu-Power and Thieves.

In the middle ages, during a devastating plague, certain people were robbing the dying...and looting the graves...and they were not

See *Remedios* on pg. 4

The Tucson-Dixon Connection
ShopNatural[®]
Cooperative

Buying in bulk may not be your idea of a satisfying shopping experience, but to many here in the Embudo Valley, it is an essential part of remote living.

The Tucson Cooperative Market truck (now called Shop Natural) has been coming to Dixon for

nearly twenty years and if you haven't tried out this service, it might be worth your while to give it a whirl, especially with gas prices what they are.

Buying from Shop Natural does not mean however, that you have to buy large quantities. Nearly all products are sold as individual units, as well as by the case or 25# bag. If the item is something that you use a lot of, it


may be worthwhile to buy the case, because the price drops by at least 10%. Catalog buying, however, is not for everyone. Many simply do not have room to store a case of chips, or cannot eat a case of anything before it spoils.

The Dixon Cooperative market makes the whole process easy. Here's how it works:

Get a ShopNatural Catalog from the store. Once you've decided on your grocery list, you can fill out the form provided in the catalog, or you can email the order to us (be sure to include order # and quantity of each item) at shopnatural@dixonmarket.com before noon on the order date. ShopNatural will add 2.25% and tax. The Dixon Co-op will add 5%, but if our combined subtotal is \$1000, we get 1% off the order total, if our combined subtotal equals \$2500, it essentially pays for the ShopNatural surcharge and the discounts continue on up to \$10,000.

see *ShopNatural* on pg.4

This year have an...



Available at the Dixon Co-Op

Custom mixed feeds available also

ORGANICS

OCTOBER EVENTS

- 2nd- Members 10% off Day
at the Co-op
- 12th- Final Dixon Farmer's Market
4:30-7:00 PM
- 12th- Dixon Rattlers
first basketball game. At Velarde.
get more info on KLDK 96.5
- 14th- Buying Club orders due
(by noon)
- 14th- Bioneers Conference in Taos
www.sustaintaos.org/bioneers
- 15th- Bioneers Conference
in Albuquerque
- 21st- Buying Club orders in
- 30th- Daylight Savings (Fall Back)
- 31st- Halloween

Want to contribute to The Coop Newsletter? Send stories, ideas, recipes and photos to:
jeffspicer@dixonmarket.com

Land Link cont. from pg. 2 and making it available locally supports the health of people, environment, and local economy in Dixon.

- matching people and skills to the land will help bring along a new generation of farmers to provide food for the community and support the local economy.

The project will be addressing the obstacles young and new farmers face in securing land. In addition to the matching service that connects farmers with land we would like to eventually offer workshops, publications, and technical support that provides information about land tenure options and farm management. We are currently facing some obstacles in the project with finding housing and equipment for people who are matched to the land. If you have suggestions or possibilities for providing housing or equipment please contact Jeff Spicer at 579-0013 or Lynda Prim at 579-4386.

Remedios cont. from pg. 3 getting sick. The King sent his soldiers to capture these people and they were brought before him. He wanted to know the secret of their immunity. It turns out that they were perfumers. In those days, perfume was made from pure essential oils...and they contained many medicinal qualities. Various oils were anti-bacterial, anti-infectious, anti-microbial, anti-viral, sedative, anti-spasmodic, anti-depressive, etc. How wonderful it is that we have access to these natural healing oils today to address many health issues.

ShopNatural cont. from pg. 2 The buying club is not for everyone, but if you think you and your family could benefit from this service, the Co-op would be happy to take your order and help you through the process. Stop in and ask for a catalog.



Linda Griffith's
Old Tyme Remedios

505.579.4678 or momasita@cybermesa.com

Essential Oils
were mankind's first medicine. We know from Egyptian hieroglyphics, Chinese manuscripts, and the Bible that Essential Oils have been used therapeutically for thousands of years.

Raindrop Technique
a sequence of anointing with oils and laying-on of hands in a relaxing and invigorating manner to promote health and well-being.

Jin Shin Jyutsu
an ancient Japanese healing art, brings balance to the body's energies, which promotes optimal health and well-being, and facilitates our own profound healing capacity.

Members... Now enjoy 10% off everything in the store! Every first Sunday every month!

Advertise in "The Coop" for pennies a day! email jeffspicer@dixonmarket.com for more info

SUPPLIER OF THE MONTH

Creamland Dairy

Daryl and Leonardo from Creamland Dairy. Thanks guys for keeping the milk on the shelves!

