SPRING INTO GARDENING
From the Back of the Editor’s Mind:

Kelly Watters, Conspiracy News Editor

Spring is the most ephemeral, short-lived season in the Sonora Desert. It is a time when cacti bloom, the palo verde and acacia trees flower and the sweet smell of citrus blossoms fill the air. It is also a bike filled season with Bike Fest fun all April long including Cyclovia which closes down the streets for an afternoon of safe biking and community activities.

Spring is fleeting at the Co-op too. We will wrap up our election season and hold our Annual Meeting on March 6th at Borderlands Brewery. Then we will steady ourselves for another Spring Street Fair on 4th Avenue. On Earth Day we’re inviting you to get your hands dirty with us in Patagonia (see page 13 for more details!) and finally we are getting ready for the 13th Annual Pie Party with a baking sale to get all of your pie making ingredients.

Enjoy this spring garden issue of Conspiracy News as you prepare your garden this Spring. We have Conspiracy Garden grown started with Native Seeds/SEARCH seeds, Tanks Green Stuff compost to help get your garden going.

Happy Spring from Food Conspiracy!

GOING ON A HIKE THIS SPRING?
DON’T FORGET THE SNACKS!

Check out these easy, trail ready snacks from the bulk section

- Organic Dried Figs
- Organic Dried Mangos
- Organic Dried Apples
- Organic Raw Pistachios
- Organic Whole Roasted Cashews
- Organic Curry Cashews
- Organic Tamari Almonds
- Bobo’s Bites - Peanut Butter & Jelly
- Go Take a Hike Trail Mix
- Peak Energy Trail Mix

Apply to be a Pie Party Beneficiary

Every year the Pie Party fundraiser event honors two local non-profit organizations with two cash awards. There are two ways for selected organizations to win a cash award.

1) The pie eating public votes between organizations through their ticket purchases. Votes are determined by the number of tickets in each of the group’s jars at the end of the event.

2) Each pie contest participant designates their choice for award should their pie win “Best in Show.” At the end of judging a winner is determined.

This grassroots, community event succeeds from the participation of both pie bakers and pie eaters. Part pie contest and part potluck everyone benefits with enthusiastic participation. More pies mean more ticket sales, more votes and more fun. By applying to be a beneficiary of the proceeds you agree to enthusiastically participate in the following ways:

1) Each organization must commit to providing a minimum of 10 pies. 2) Each group agrees to have a staffed table for the duration of the event. 3) Your group will commit two representatives to help serve pie during the Pie Party. 4) Your organization will help spread the word about the Pie Party.

This is a beloved community event and we look forward to your participation. Last year’s winners split $1955.68! We see this year’s proceeds only increasing. If you would like to apply to be considered as a beneficiary for this year’s Pie Party visit the Co-op’s website, www.foodconspiracy.coop go to “Donation Requests” tab to fill out a form. Please submit the Pie Party Form by Monday, April 18th. Good luck!
Generally Speaking

Kelley Kriner, Food Conspiracy General Manager

As we look forward to spring, it is a time that we do a lot of planning. You may be planning for your garden, spring break or even summer plans. Here at the Co-op we are excited to be making plans too. Plans are almost wrapped up for our Annual Meeting, which will be held on March 6, 2016, from 3-7 pm at Borderlands Brewing Company at 179 E Toole Ave. On tap for our meeting this year, in addition to election results, music and dinner, there will be a conversation about the year in review and our current planning for our Co-op’s future. We will take a brief look back at the year, a look at our current challenges and vulnerabilities and some identified expansion opportunities for the future. We hope to see you there and that you will accept this invitation to participate in the conversation. We look forward to your feedback and questions as we continue to explore these exciting opportunities. See you there!

By the time you read this, hopefully you have all received letters from both me, and Rob McLane, our Board President, regarding the FY 2014/15 patronage rebate. As a recap of that information, the Board of Directors voted on February 3, 2016 to return to the owners 20% of the profits from owner purchases from that fiscal year. Through the cooperation of several co-ops we are very excited to introduce a new program that allows us to offer you your rebate at the register. Your rebate will be loaded on your account as a credit, available to you to apply toward your purchases. If you would prefer cash, this credit can be issued as a check, as in previous years; there are check request forms available at the register. This is really exciting for us because of the cost savings in labor and materials, moving away from paper checks to electronic disbursement, and from all of us check signers we (and our writing hand) want to thank you in advance for taking advantage of this new program. Thank you for your continued patronage. Our owners are why the Co-op exists and we love serving you.

INTRODUCING HOWGOOD

Now at-a-glance you can get product information that you care about from our new shelf tags. You can learn whether a product is organic, Fair Trade, non-GMO or vegan, gluten-free, and antibiotic free, and more. You can also see the HowGood rating on which products are the most sustainable, environmentally friendly, and ethical. HowGood is a third party rating program that provides ratings to help you find products that are best for your family and the environment.

Products that are rated have better ingredients, better company standards, and don't use harmful growing practices—which mean they are better for you. Products are rated BEST, GREAT or GOOD. HowGood rates products based on sourcing (distribution, growing, labor, livestock and procurement), production (ingredient profile, processing, workforce) and organization (community, employment, environment, management). To see a full explanation of how every product is rated visit www.howgood.com/#/indicators. You can also look up Food Conspiracy and the products we carry at HowGood.com or by downloading the HowGood app for your smartphone at the Google app store and on Itunes. HowGood is not currently rating bulk food, produce, wellness, non-food products we carry at HowGood.com or by downloading the HowGood app for your smartphone at the Google app store and on Itunes. HowGood is not currently rating bulk food, produce, wellness, non-food and beer and wine. You find HowGood ratings on packaged grocery, refrigerated and frozen food.

The following numbering on shelf tags indicates the HowGood ratings received in order of highest rating of 3 to lowest 0:

- 3= BEST, top 5% of products available
- 2= GREAT, top 85% of products available
- 1= GOOD, top 75% of products available
- 0= no rating earned (HowGood is a positive only rating system)
- N= not yet rated

Food Conspiracy Values

1. We adhere to the internationally recognized Rochdale Principles for co-operatives.
2. We promote whole, natural, organic, and chemical-free products with minimal packaging.
3. We value openness, honesty, and integrity with each other and the community.
4. We seek, through cooperative effort, to provide a humane, fulfilling environment in which to work and shop.
5. We strive for a sustainable, healthy ecology through use of clean, renewable resources.
6. We strive for a sustainable, healthy ecology through use of clean, renewable resources.

Co-op Principles

1. Voluntary and open member-ownership.
2. Democratic member-owner control.
3. Member-owner economic participation.
4. Autonomy and independence.
5. Cooperation among cooperatives.
6. Concern for community.
7. Education, training, and information.
8. Education, training, and information.
9. Co-op principles were first stated by the Rochdale pioneers in 1844. The cooperative principles are guidelines by which we put our values into practice.
Board Report for March / April

Fiore Iannacone, Food Conspiracy Board Member

Happy Birthday to the Food Conspiracy Co-op for 45 years of community supported growth!

The Co-op is a testament to the determination and persistence of Co-op member-owners who have maintained the Co-op as an organization with meaning and purpose. Yes, there were times of challenge, but member-owners persevered, with a course of action.

The Food Conspiracy Values and Co-op Principles guide and formulate our Ends. Ends statements are the Co-op’s mission statement and purpose that changes over time. These Ends continue to move the Co-op forward.

The November/December 2015 Board Report by Rob McLane our esteemed Board President in the Conspiracy News clearly, succinctly, explained the reasons why it is important for the Co-op to expand. Our job as a Board is to lead through listening and learning. We help engage member-owners and stakeholders, local vendors, staff, elected officials, neighbors, and potential lenders by building alignment and showing our support. We raise money, approve budgets and timelines, and approve real estate contracts. We strive to make good decisions through our wisdom and knowledge, and provide management with the tools necessary to succeed.

To date the Board has approved a contract with the National Co-op Grocers (NCG) Development Co-op, (DC). DC offers a comprehensive package of store development support services designed to assist co-ops through each phase of a development project.

The Board also approved use of consultants by our management team for market studies to help us understand demographic characteristics of our member-owners, customers and Tucson. With this strong foundation we continue to move forward.

We are all faced with the question Do we want the Co-op to stay the same? Which means potential continued loss of market share, inability to compete due to size and limited buying power, or do we expand and create “vitality and success.”

As a Board member, owner and customer of the Co-op since its inception, from my perspective, we should expand and create.

Risks are inevitable in both scenarios. However, I am confident and grateful knowing that the Board is a diverse, multi-talented, visionary group dedicated to the success of the Co-op. I also know our management team is competent and talented and led by Kelley Kriner our General Manager.

I look forward to the months ahead, as an exciting challenge for the Board, General Manager and member-owners as we decide the How, When and Where to expand. I Hope to see you at our Annual Meeting on March 6th where we will be discussing the future of Food Conspiracy Co-op.

Cooperatively Yours,
Fiore Iannacone

FOOD CONSPIRACY BOARD MEETINGS

Food Conspiracy Board Meetings are held at 6:30 p.m. at the Hoff Building, located behind the Co-op at 425 E. 7th St. All owners are welcome. Stay involved in Co-op decision making and accrue time towards a Co-op discount by attending. (For three hours of time accrued, members receive a month-long 5% discount the following month).

The next board meetings are:
WEDNESDAY, MARCH 2
WEDNESDAY, APRIL 6
The Chicken and Egg Story

Kelly Watters, Food Conspiracy Community + Outreach Manager

You have probably heard the saying “you are what you eat.” Perhaps it would be more accurate to say “you are what your food eats” or when it comes to animal food “you are what your animals eat.” Much like the minerals and nutrients contained within soil that provide nutrition to plants we eat, the quality of the eggs we eat is directly linked to what chickens eat.

Conveniently at the time of the Co-op’s Chicken Coop Tour last December, Cornucopia Institute Organic Egg Scorecard and report were released. The Organic Egg Scorecard rates companies based on 28 criteria considered important to organic consumers. Here are some scorecard results from brands that the Co-op sells. Locally produced eggs are not in Conucopia’s scorecard, but we were able to ask some of the questions in the survey and with good results. To see a full scorecard and report by Cornucopia visit www.cornucopia.org.

Vital Farms, Austin, Texas www.vitalfarms.com
Vital Farms was fully transparent and received a 4 or Excellent on the scorecard because “enhanced outdoor access” 108 sq. ft. of pasture for each hen is provided to forage, roam and dust bathe all day. This number is the gold standard for pasture-raising as defined by Certified Humane, a third party Animal Welfare Certification Agency. “Producers in this category provide ample outdoor space and make an effort to encourage their birds to go outside. They provide an excellent outdoor environment, often either rotated pasture or well-managed outdoor runs, with an adequate number of doors for the chickens to reach the outdoors.” Vital Farms eggs are pasture-raised they are on green pastures, revieve organic food, and have sunlight and every night hens are put in barns.

Organic Valley Eggs, LaFarge, Wisconsin www.organicvalley.coop
Organic Valley received a 2 or Fair on the scorecard. Cornucopia noted that since Organic Valley is probably the biggest name brand in the egg industry it was important to include it in the scorecard. Organic Valley egg operations include large and small producers, some do not meet the minimum standard for outdoor access (see full scorecard and report for more info.) Some were not fully transparent. Organic Valley is a farmer-owned cooperative that primarily produces dairy products and is highly rated in the organic dairy study, but has lost points in recent years due to its unwillingness to continue releasing information. Some feed is U.S. grown some is milled outside of the U.S.

Chino Valley Ranchers Arcadia, CA www.chinovalleyranchers.com
Chino Valley Ranchers received a 1 egg, industrial organic industrial organic eggs are not in Conucopia’s scorecard, but we were able to ask some of the questions in the survey and with good results. To see a full scorecard and report by Cornucopia visit www.cornucopia.org.

Arid Acres, Tucson
Arid Acres is a Sole Proprietorship in Tucson with 48 Plymouth Barred Rocks hens. The feed is grown on the farm following organic principles and includes garden vegetable scraps. All purchased feed is organically certified. Each hen has 8.5 sq. ft. of outdoor space with multiple levels and roosts.

Continued on page 15
Designing Your Own Vegetable Garden

Many gardeners like having a main vegetable garden area to concentrate their food production, but it doesn’t have to be all veggies. Feel free to include herbs, edible flowers, and fruits. When designing your own vegetable garden, it’s important to understand the basics.

Choose a Sunny Location

It’s critical to choose a sunny spot for growing vegetables. Most fruiting vegetables need 6 to 8 hours of direct sun a day for best results. Leafy greens, such as spinach and lettuce, can thrive with a bit less direct sun. If you assess your yard in winter, remember that deciduous trees that are then leafless will cast shadows as the growing season progresses.

While the ideal garden location has loose soil that drains well, don’t fret if your soil is less than ideal. You can improve it over time by adding organic matter, such as compost, or create raised beds on top of poor soil by bringing in the amount of topsoil and compost you need. (local note: avoid raised beds, they require more water)

The Right Size Garden

A 20- by 20-foot garden will give you room to grow a wide range of crops, including some that need a lot of space, such as sweet corn and winter squash. A 10- by 12-foot plot is sufficient for a garden with a variety of greens, herbs, a few tomatoes and peppers, beans, cucumbers, basil, parsley, and edible flowers such as nasturtiums. Try including flowers in your garden, even if they aren’t edible, because they are beautiful to cut and bring indoors. Flowers also attract pollinating and beneficial insects to the garden. By growing plants in succession and using 3-foot-wide beds with 18-inch paths, you should have plenty of luscious vegetables for fresh eating and extras for sharing.

To design your garden from scratch, plot it on graph paper. Use paper with a grid of 1/4-inch squares, with each square representing 1 foot in the garden. Outline the beds in pencil, then fill in the plant names.

Preparing the Garden Space

Once you have a plan, you’re ready to measure out the garden. You’ll need a tape measure, plenty of string, 1-foot-long wooden stakes, and a hammer to drive the stakes into the ground.

For best sun exposure, orient the garden so the beds run east to west, with the tallest plants on the north end. This will reduce the chance of one vegetable shading another. Following your plan, drive a stake in each of the four corners of the garden.

Before you plant, have the soil tested to determine the soil pH and nutrient levels. Most vegetables require a pH between 6.0 and 6.8. Add limestone to raise the pH in high-rainfall areas; add sulfur to lower the pH in the arid West. Your state university’s cooperative extension service or local garden center will have information on obtaining a soil test kit.

Lay Out the Beds

Now it’s time to lay it all out. Measure, stake, and outline each bed with string. To make a raised bed, first loosen the soil using a shovel or a garden fork, then shovel soil from an adjacent path onto the bed. (local note: modify this process to make a basin bed to harvest rainwater and reduce evaporation)

Keep adding soil until the bed is about 8 to 10 inches tall. Smooth the soil on the surface of the bed by raking it flat with an iron rake. Draw the soil evenly between the string boundaries, letting excess soil fall off the edge of the bed outside the string. The object is to end up with a flat-topped raised bed that extends fully to the string boundaries about 8 inches above the pathway. Raised beds can be any shape you want, as long as they aren’t wider than 3 feet. The center of a bed is hard to reach if it’s any wider than that.

Feed the Soil

It’s easier to address the soil’s long-term nutrient needs before planting, rather than after veggies are already growing. Build up the soil with natural fertilizers and compost. It may take time to build fertile, rich soil using organic fertilizer and amendments, but the nutrients from organic products are released into the soil slowly, providing weeks of nutrition to the plants. Once each bed is formed, add a 1- to 2-inch-thick layer of compost over the surface and work it into the soil with your rake. Use supplemental organic fertilizers to correct nutrient problems discovered in the soil test and to side-dress vegetables during the growing season. These fertilizers can be in granular or liquid form.

Transplants

Some vegetables need to be planted outside as transplants because they take so long to mature. Others just grow better from seedlings, rather than seeds sown in the ground. Broccoli, Brussels sprouts, cabbage, and cauliflower can be started either way, but setting transplants outside usually works best. Eggplants, leeks, peppers, and tomatoes need to be started from transplants because they need such a long growing season. (local note: desert season planting is different)

Right Time to Plant

The average last date of frost in spring is the key date to use in garden planning. If you don’t know the date for your region, check with your local cooperative extension service or garden center.

You can safely plant the cool-season vegetables, such as broccoli, Brussels sprouts, cabbage, celery, parsley, peas, radishes, and spinach, a few weeks before the last frost date. In mild-winter climates, these crops are usually planted in fall for a winter garden. Arugula, beets, leaf lettuce, parsnips, potatoes, and Swiss chard are a bit less frost-hardy but still grow well in cool weather. Plant warm-season vegetables, such as green beans, corn, cucumbers, eggplant, melons, peppers, and tomatoes only after the threat of frost has passed. (local note: average last day of frost in Tucson is March 18. First frost is November 9th)

See more at: http://strongertogether.coop/fresh-from-the-source/growing-your-own-food/designing-your-own-vegetable-garden

Organic Garden Fair and Plant Sale Plants & Herbs, Food & Fun
Sat. March 19th, 2016—9:00 a.m. to 12:00 p.m.
The Community Gardens @ St Mark’s Church
3809 E 2nd St. (west of Alvernon, south of Speedway)

Native Seeds/SEARCH Spring Plant Sale
March 11 - 13th 9:00 - 5:00 p.m.
3061 N. Campbell Avenue
Peppers, tomato, Squash, Melons, Herbs, and more. Open at 9:00 am for current members only, and at 10 a.m. for the public all three days.
Warm Season Plant Starts

Sarah Schwob, Food Conspiracy Garden Manager

It’s spring planting time! Here at Conspiracy Garden we are seeding basil and sunflowers. We aren’t doing a spring planting of tomatoes and peppers, because the majority of our garden is still producing kale and chard. We did start tomato, pepper and basil plants, on sale in the store, for home gardeners! March and April are the first opportunity to plant these crops for a summer harvest. Monsoon begins the second planting time for a fall harvest.

We are especially pleased to be featuring varieties grown from Native Seeds/SEARCH seeds. Native Seeds/SEARCH is a great local resource for seeds, including many collected regionally. It is the place to find varieties specifically suited for our challenging climate. We hope you will consider rounding up at the register throughout the month of March to support NS/S as they practice responsible stewardship of seeds of the Southwest.

Look for Conspiracy Garden grown starts in the produce department throughout March and April. Tomato varieties will include Flamenco, Punta Banda, Texas Wild Cherry, Gold Nugget, Green Zebra, and Yellow Pear. Pepper varieties will include Jalapenos, Nardellos, and Sweet Pickles. Basil varieties will include Genovese, Italian Large Leaf, and Mrs. Burns’ Famous Lemon. If you are inspired to start some of your own, check out our seed selection of open pollinated, Non-GMO and organic heirloom seeds for sale in the Produce department, and don’t forget the Tank’s Compost and Potting Mix which will be on sale! Happy planting!

Start your garden with Conspiracy Garden grown plant starts!

TANK’S GREEN STUFF
Local & organic compost, potting mix, woodchips, PrococoPeat & PrococoChips now on sale!
Yoga as Community Building

An Interview with Member-Owner Doctress Neutopia on Becoming a Yogini

Kelly Watters, Food Conspiracy Community • Outreach Manager

We sat down to talk about the transformative power of yoga for herself, the community, and the Earth. Just over a year ago, Doctress Neutopia began offering a regular, no cost yoga hour at the Co-op, which she calls Climate Change Yoga. Since then, she has volunteered 90 hours teaching and has developed further as a teacher.

FC: Why is yoga transformative?

DN: It allows us to understand and be aware of who we are when we stop wearing social masks that conceal our true nature. Moving into the core self is necessary for us to solve the global climate crisis. Many of us are superficial breathers because we carry emotional blocks or trauma. Shallow breath hinders our full range of senses and our own intuition about the future.

FC: What does Climate Change Yoga mean to you?

DN: Climate Change Yoga is a school located in Western Massachusetts. I have also trained with Tucson’s Senior Teacher in Kripalu, Amy Weintraub, in a yoga she calls, “Life Force Yoga,” yoga for anxiety and depression. She is the Director of Life Force Yoga Healing Institute. Life Force yoga helps people move through and remove blocks that keep them from knowing their true nature.

FC: What form of yoga do you teach in Climate Change Yoga?

DN: Kripalu Yoga, a school located in Western Massachusetts. I have also trained with Tucson’s Senior Teacher in Kripalu, Amy Weintraub, in a yoga she calls, “Cycle Force Yoga,” yoga for anxiety and depression. She is the Director of Life Force Yoga Healing Institute. Life Force yoga helps people move through and remove blocks that keep them from knowing their true nature.

FC: What is it about the breath that is essential in yoga and in your Climate Change Yoga?

DN: Scientists estimate that forests around the world are responsible for producing 20% of our oxygen. Oxygen is a by-product of photosynthesis process. Phytoplankton, a microalgae that live in the world’s oceans, are the biggest producers of the oxygen that we breathe. Scientists believe phytoplankton account for up to 80% of the Earth’s oxygen resource. Many forests and microalgae are declining because of climate change. Since 1950, it has been estimated that concentrations of phytoplankton on surface waters have decreased by about 40%, a rate of 1% a year. See how important breath awareness is to our future?

FC: What form of yoga do you teach in Climate Change Yoga?

DN: Kripalu Yoga, a school located in Western Massachusetts. I have also trained with Tucson’s Senior Teacher in Kripalu, Amy Weintraub, in a yoga she calls, “Life Force Yoga,” yoga for anxiety and depression. She is the Director of Life Force Yoga Healing Institute. Life Force yoga helps people move through and remove blocks that keep them from knowing their true nature.

FC: What has becoming a yogini meant for your own personal transformation?

DN: Teaching yoga has removed many of my emotional blocks. It has helped me overcome low self-esteem. I am dyslexic so it took a year to figure out left and right for giving instruction! I have wisdom to share, and prior to the Co-op class, I didn’t have a place to share my practice publicly; I am grateful to the Co-op that I now have a place to give to and to receive from our yoga community.

FC: Why teach at Food Conspiracy Co-op?

DN: Since people who shop at Food Conspiracy are paying attention to food they buy and consider the Co-op to be an alternative to the global corporate model, it is a good place to try out my ideas. I want to offer people a practice to help them develop a healthy lifestyle for the 21st Century, a time and a place to feel reverence for the food we rely on both from plants and the atmosphere.

FC: What did you want to try and how are people responding?

Part of the Life Force Yoga is Nada Yoga, the “union through sound.” Moving into poses, we make universal seed sounds. People are open to this practice at Food Conspiracy. Another aspect of Life Force Yoga is creating Bhavana—visualization or imagery. For example, during shavasana (corpse pose) my subtle intention is to guide students to envision a new paradigm, that is, a worldview that is post-carbon, rebirthing us into an age of sustainability. For me, sustainability is about creating ecological cities, which was the focus of my doctorate in Future Student from the University of Massachusetts at Amherst. Using creative imagery and sinking into the poses using breath, people produce oxytocin, the feel good hormone that energizes the mind and body. Yoga provides us with exercises to feel good about transforming one’s self and the world!

FC: With the revival and popularity of yoga, what is the potential for raising collective consciousness with a large number of people practicing?

DN: I read that in 2013, 24 million U.S. adults practiced yoga. It has the potential to lift consciousness. Could yoga practitioners become part of a critical mass necessary for climate justice mobilization? Absolutely!

FC: What invitation would you like to give our readers about Climate Change Yoga?

DN: One of the purposes of yoga is self-healing. If people leave the class with greater love for the self and others, we are one step closer to building a good world. I hope that by practicing yoga, people can meet these unprecedented challenges in today’s world with courage, strength, flexibility and discipline that we learn through engaging in yoga. Poses such as Virabhadrasana II—Warrior 2—are symbolic of our dharma (our duty) to be the protectors and warriors of the precious ecosystems that not only make up our bodies, but also that intimately connect us with the global ecology. These postures represent a way of life, one where cooperation, balance, beauty and wisdom are a foundation needed to transform Tucson into an ecocity of true love and world peace.

A full listing of yoga classes taught by Neutopia can be found on page 14 of the Newsletter.
Food Conspiracy Co-op Owners:
You’re invited to Food Conspiracy’s Annual Meeting! Get a year in review and plans for the Co-op’s future. Meet the Board of Directors, management team and vote in the Co-op elections. Meet and Greet with local vendors Yellow Brick Coffee, Sky IslandBrand/47 Ranch and ReZoNation Farm. Afterwards, enjoy dinner prepared by the Conspiracy Kitchen, music by DJ Butta Fly, dancing, and a photobooth!

Sunday, March 6 | 3:00–7:00 p.m.
Borderlands Brewery
119 E Toole Ave

Baking Sale
10% off for everyone select baking ingredients
April 25–May 1
*additional discounts do not apply
Want to try something new? Let us help! These are some of our favorite products at Food Conspiracy Co-op that we think you’ll love, too!

### MISO MASTER ORGANIC TRADITIONAL RED MISO

MASANORI always has Miso Master Organic Traditional Red miso in his refrigerator. Red miso is more salty than white or yellow and is fermented longer than their counterparts. Masa uses red miso for sauces and soups.

### TEAS’TEA MACHA GREEN TEA LATTE

KRYS TAL drinks Teas’Tea Macha Green Tea Latte at work. “It helps headaches and gives me enough energy to get me through my shift.” Plus it has antioxidants from the whole green tea leaf!

### PRESTA COFFEE

EMILY loves Presta Coffee. “Their beans make the best cup of coffee at home. I always buy Presta from the Co-op because it’s the best price I’ve found in town. Plus their new bags keep the beans super fresh.”

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**PROTECT OAK FLAT**

For over a year, the Apache Stronghold has been occupying Oak Flat in an effort to stop the proposed largest copper mine in North America from destroying it. Oak Flat is a uniquely-diverse desert ecosystem and is sacred to the San Carlos Apaches and other Indigenous peoples in the area. Opposing ruthless powers like Rio Tinto and Senator John McCain is serious business. That’s why the Gloo Factory has committed serious resources to aid the Apache effort and their fight for survival.

The Gloo Factory, a union print shop in South Tucson, partners with Apache Stronghold to create their posters, banners, t-shirts, stickers and much more. Supporting the issues that our customers value motivates us. We’re ready to work with you on your next printing project.

**The Gloo Factory • 238 E. 26th St. • (520) 740-0810 • www.thegloofactory.com**

Open Monday through Friday 10 - 6
Pima County Public Library hails national recognition for its innovations and creative programs from the Seed Library—where you can check out seed packets like books to public health nurses—who make rounds to provide basic health services, to the book bike—a library on a bike. Tucson has another reason to highly regard the depth of commitment and service Tucson’s public library system offers. I recently discovered a hidden gem inside the Main Library run by the Friends of the Pima County Public Library—the Downtown Book Store.

From classic titles like Treasure Island to international fiction, children’s books, CDs and DVDs, this little book store has something for every kind of book lover in part because it is hand curated by Friends staff, Phil McFall. The collection of donated and used books is sold to the public and the proceeds benefit Pima County Public Library annual programming with sales of $260,000. Phil oversees the sales of the Main Library’s Downtown Book Store, the 17 book carts in library branches and the Festival of Books booth. With the work of two hundred volunteers and 4 paid staff sales from the Store, the carts, and the Friends Book Book Barn provide significant support for Pima County Public Library programs. Adding up to an exponential way to experience the love of books while supporting literacy and Pima County’s public libraries.

Books for the Downtown Book Store come from a weekly trip to the warehouse searching through and culling the Friends donations, the Book Barn, and people bringing specific books or audio and visual materials donations for the Store. The Store collection features pop culture, history, and art books with art plates. You can actually physically get your hands on the books and browse the pages before you buy. It’s affordable and friendly, a $100 art book might be $20. Phil knows the people by name and interest who regularly visit the Downtown Book Store.

With a varied background and experience in retail, studies in literature at Berkeley, and work as a publisher in New York, Phil knows a good book when he spots it and knows how to price it. Phil grew up on pop culture in Los Angeles and his well-educated family always valued reading.

I asked “What is about the culture of the library that makes such exciting programs possible?” Phil attributed it to the national pool of librarians that choose Tucson. He describes the cooperative and happy working environment. His favorite author? Haruki Murakami. He is currently reading Earthly Powers by Anthony Burgess and Frank Herbert’s Dune.

P.S. It’s Spring—time to visit your local branch to check out seeds or donate to the Seed Library!
Taco USA—How Mexican Food Conquered America

Glenn Furnier, Board Member

Only Gustavo Arellano would begin a book on Mexican food with astronauts José Hernández and Danny Olivas preparing burritos in the zero-gravity environment of space shuttle Discovery, which demonstrates perfectly how this rich culinary tradition has permeated the USA. Arellano is editor of Orange County’s OC Weekly and the writer of the syndicated column Ask a Mexican! He also researches the history of all things Mexican in the USA. This book takes him back to his roots as a food writer and he leavens this fascinating history with his characteristic sense of humor—Chapter 11 is entitled, Is the Tortilla God’s Favored Method of Communication?

Since the invading army of Hernán Cortés arrived in Tenochtitlán, Europeans have been fascinated by Mexican food. This maize-based cuisine, powered by vitamin T (tortillas & tamales), gave birth to many advanced civilizations. The combination of maize, beans, and squash provided complete protein, while chiles, cacao, vanilla and other plants native to America added variety.

The early days of this cuisine in the USA began, not surprisingly, in the Southwest. In the late 1870s, the Mexican “chili queens” prepared and sold their delicious chili con carne in the plazas of San Antonio. They also provided an exotic counterpoint to the more restrained Euro-American patrons. Chili soon spread north from Texas.

Photos of the streets of Chicago in the 1890s show tamaleros, men carrying steaming pots of tamales. They were Mexicans and members of many other ethnic groups, and became cultural icons, spreading tamales across the USA. Canned tamales and restaurants eventually ended the heyday of the tamale men, but there is still a gentleman who frequents Fourth Avenue selling bags of delicious tamales.

The next big Mexican food rage hit the USA in the 1950s. The taco, a quintessential Mexican staple, is a simple, brilliant meal, with a tortilla wrapped around a stuffing. Varying the filling, the type of tortilla, and how the tortilla is cooked yields many variations suitable for all occasions. Tacos originally migrated from Mexico to California and Texas in the 1920s. Along the way, fried tortillas became the best-known wrap for tacos in the USA.

Glenn Bell opened a small chain of hamburger stands in San Bernardino in 1948. Looking for an edge in his competition with the McDonald brothers, he focused on the tacos he enjoyed in the city’s many Mexican restaurants. After much testing in his kitchen, he rolled out his first taco in December 1951, a fried taco shell with ground beef, chopped lettuce, shredded cheese, and chili sauce.

Tellingly, Latinos preferred his burgers and hot dogs, but his tacos became a huge success with everyone else and were soon outselling the rest of his offerings. He started several chains, selling each one before founding another, until he launched Taco Bell in 1962. This story highlights a recurring theme in the book. While Mexicans certainly own many Mexican restaurants and groceries, it was non-Mexicans who founded the big national chains, including Del Taco, Taco Time, Taco Tico, and Taco John’s.

While non-Mexicans have profited handsomely from selling Mexican food, some have also been looked to as authorities on the cuisine. Arellano devotes an entire chapter to this phenomenon, entitled How Did Americans Become Experts in Writing Cookbooks on Mexican Food? This started early in the last century and introduced non-Mexicans to the vast variety of this cuisine. Arellano is critical of those non-Mexicans who claim to be arbiters of what is authentic Mexican food.

Agave receives its due in a chapter dedicated to the history of tequila. Consumption in the USA has steadily risen to the point that it is now one of our most popular distilled spirits. The most popular presentation in the USA became the frozen margarita, spurred on by Mariano Martínez’s invention of the frozen margarita machine, an adaptation of the soft-serve ice cream machine.

Arellano also tells the stories of enchiladas, burritos, salsa, and Southwestern, Californiano, and Tex-Mex cuisines. He has done an excellent job of researching history, consulting documents and interviewing participants and their family members. He has also taken on the arduous task of trying so many of these meals at restaurants across the country, giving us his list of the five greatest Mexican meals in the USA. Coming in at number 4 is the Sonora Dog at El Güero Canela, reflecting Tucson’s heritage as a center of culinary innovation. This book is a very informative and enjoyable look at the history of a cuisine that many Tucsonans love.

ATTENTION CONSPIRACY NEWS READERS: This will be our last newsletter with the Community Calendar feature but don’t worry! We will be creating a new space for our Community Calendar on our website. Do you want to list a community event on our online Community Calendar? Email us at newsletter@foodconspiracy.coop
**Conspiracy Classes & Events**

Registration for classes must be purchased 24 hours prior to the start of the class in store or online at [www.foodconspiracy.coop/events](http://www.foodconspiracy.coop/events)

*Indicates the class or event will be held in the Hoff Building, 425 E. 7th St.

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**BOARD OF DIRECTORS MEETING**

**WEDNESDAY, MARCH 2**

All owners welcome. Stay involved in Co-op decision making and accrue time towards a Co-op discount for your attendance. (For three hours of time accrued, owners receive a month long 5% discount the following month). A light dinner is served at 6:00 p.m. Meeting starts at 6:30 p.m.

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**SUNDAY, MARCH 6**

**ANNUAL MEETING**

All Food Conspiracy owners welcome. We will take a brief look back at the year in review, a look at our current challenges and vulnerabilities and some identified expansion opportunities for the future. Music by DJ Butta Fly, dinner by Conspiracy Kitchen, photo booth, and dancing. 3:00 - 7:00 p.m. Borderlands Brewery, 119 East Toole Avenue.

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**SATURDAY, MARCH 27**

**NEW OWNER ORIENTATION**

Welcome new owners! We’d like to invite you to learn how you can get the most out of your investment in the Co-op. We’ll talk about how the Co-op works, how owners participate, and how you can save money and eat healthy while shopping at the Co-op. 10:00 a.m. at the Co-op. RSVP by emailing outreach@foodconspiracy.coop

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**WEDNESDAY, MARCH 30**

**STREET FAIR SALE**

Everyone saves 10% on all purchases (except special orders, gift cards, and classes). Maximum discount is 10%.

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**WEDNESDAY, APRIL 6**

**BOARD OF DIRECTORS MEETING**

All owners welcome. Stay involved in Co-op decision making and accrue time towards a Co-op discount for your attendance. (For three hours of time accrued, owners receive a month long 5% discount the following month). A light dinner is served at 6:00 p.m. Meeting starts at 6:30 p.m.

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**THURSDAY, APRIL 7**

**HEALING OURSELVES; HEALING THE PLANET WITH DEBORAH MAYAAN**

On some level, we know that we need to believe in a positive future in order to bring that about. But that is challenging to do, especially when dealing with personal health issues. And how do we take critical actions for our planet and also take care of ourselves? The latest theories of retraining our brains result in tools that work with both our personal healing and taking actions for a healthy planet. I’ll explain the theories and lead you through exercises. 6:00 - 7:30 p.m. $5

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**SATURDAY, APRIL 9**

**HOMEMADE GYOZA DUMPLINGS WITH CHI NAKANO**

This is a hands-on class where people will learn the basics of gyoza dumplings. As every family and recipe has its own recipe, a dumpling recipe is very versatile. You can substitute ground pork with other kinds of ground meat, fish or tofu. You can use any vegetables available to you. In this class, I will use two kinds of wraps, traditional wheat and daikon, to accommodate gluten-free diet that is becoming more popular. 2:00 – 3:00 p.m. $9

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**TUESDAY, APRIL 12**

**CONSUMED MOVIE SCREENING**

Screening of Consumed at the loft Cinema, 3233 E. Speedway Blvd.

The film will start at 7:30pm, followed by a panel discussions and guest speakers. Regular admission prices. Tickets are available by calling the box office at 520-795-0844, or by visiting [www.loftcinema.org](http://www.loftcinema.org). There will be a Non-GMO Information and Food Fair with local groups and vendors on the Loft patio before the film, starting at 6:00pm (see back page for synopsis).

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**SATURDAY, APRIL 16**

**WOMB WHOLENESS WITH TRACI FAITH HAMILTON**

In this class we will discuss womb centered health, plant allies and food medicine. How internal and external uses cleanse your womb, restore womb vitality and encourage whole body healing. In this class you will prepare and take home your own herbal bundle for a vaginal steam bath. 10:00 -12:30 p.m. $15 includes herbs. Please bring your own bowl for blending herbs (basket, wood or metal, no plastic), jar or sandwich bag to take home herbs in.

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**WEDNESDAY, APRIL 20**

**NEW OWNER ORIENTATION**

Welcome new owners! We’d like to invite you to learn how you can get the most out of your investment in the Co-op. We’ll talk about how the Co-op works, how owners participate, and how you can save money and eat healthy while shopping at the Co-op. 6:30 p.m. at the Co-op. RSVP by emailing outreach@foodconspiracy.coop

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**SUNDAY, APRIL 24**

**EARTH DAY AT DEEP DIRT FARM INSTITUTE**

Get your hands dirty and work alongside fellow cooperators, Board members and staff. We will be working on a mud adobe project at Deep Dirt Farm in Patagonia. Meet at 7:45 a.m. at the Co-op to carpool to Patagonia. Bring your own lunch, wear work clothes and sturdy shoes. Sunscreen and hats advisable. Deep Dirt Farm has drinking water to refill water bottles. If you would like drive on your own and camp out the night before, contact Kate at ddfillc@gmail.com. We will work a full day and return at 4:00 p.m. More information about Deep Dirt Farm visit [www.facebook.com/DeepDirtFarmInstitute](http://www.facebook.com/DeepDirtFarmInstitute) RSVP by Friday, April 22nd to outreach@foodconspiracy.coop so we can get a head count.

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**BAKING INGREDIENTS SALE APRIL 25—MAY 1**

Everyone gets 10% off select baking ingredients for the Pie Party.
CALL TO ARTISTS
Heart of Tucson Art invites mid-town Tucson artists to participate in our Spring 2016 Open Studios Tour, April 9 and 10. Register on our website: www.HeartofTucsonArt.info

MAHA SHIVA RATRI
Join Us in Celebration of Lord Shiva, Monday, March the 7 from 6:30-9 p.m. Indian Dance, Fire show, and temple ceremonies, followed by a Free vegetarian feast. 711 E. Blacklidge Drive. Free to everyone. govidasoftucson.com

SUNDAY FEAST and FESTIVAL
Every Sunday, enjoy an evening of Bhakti Yoga. Chanting starts at 5:30 p.m., discussion at 6:00p.m, dancing and singing at 6:30 p.m., followed by a Free blessed vegetarian feast at 7:00 p.m. 711 E Blacklidge Drive. Free to everyone. govidasoftucson.com

INTEGRATIVE COACH TRAINING
For those who have gone through their own transformation and are ready to help others. For those on a mission to leave the world better than they found it. Learn how to help others maximize their potential by becoming a Certified Integrative Coach. This unique in-person training integrates the Enneagram, Integral theory and Nonviolent Communication into a coaching framework and is suitable for professionals and individuals. Training is one weekend a month for six months and starts April 29. In partnership with Prescott College. Visit www.integrativecoachtraining.com

TUCSON ORGANIC GARDENERS
Free monthly meetings are held at St. Mark’s Church, 3809 E. 2nd St. from 7-9 p.m. We meet in the Geneva Room at the n.e. corner of the church complex. Mar 15 “Low Water use Methods for the Desert” with JC Matthews of Cutting Edge Ceramic; Apr 19 “The ABC’s of Aquaponics” with Brendan Woltman of EcoGro Garden Center

ORGANIC GARDEN FAIR and PLANT SALE
Plants & Herbs, Food & Fun
Sat. March 19th, 2016—9:00 a.m. to 12:00 p.m.
FREE ADMISSION TO THE FAIR.
The Community Gardens @ St Mark’s Church 3809 E 2nd St. (west of Alvernon, south of Speedway)

GOING LOCAL at Work Talk
Join the next SAHBA Remodelers Council meeting for the presentation of “Going Local at Work” by Kimber Lanning, Director and Founder of Local First Arizona. Wednesday, March 2 at 12 p.m. - 1 p.m. Business owners in any industry will benefit from learning all about local B2B buying and how creating strong local partnerships creates a strong + thriving local economy. This is a free event! Questions/ RSVP? Please email remodelers.council@yahoo.com

BHAGAVAD GITA STUDY GROUP
Every Friday from 7-8pm at Govinda’s, 711 E. Blacklidge Drive, followed by a meal afterwards

FST! FEMALE STORYTELLERS
FST! Female Storytellers was founded in 2012, to provide female and female-identified performers in Tucson the opportunity to share their real stories. Each month, we have a show with a set theme, and invite five six storytellers to perform a story inspired by the theme. All the stories are original and true. The next show is Wednesday, March 9, 2016 at the Flycatcher on 4th avenue. We ask a $7 suggested cash donation from the audience, 70% of which we give to you. Learn more about FST! at www.fstorytellers.com

COMMUNITY FOOD BACK GARDEN CLASSES
The Community Food Bank offers a wide variety of classes to learn all about gardening. A full schedule and registration can be found at www.communityfoodbank.org/gardenworkshops

NONVIOLENT COMMUNICATION practice groups in TUCSON
Learn a language of compassion in speaking and listening where we trust there are enough resources for everyone; where competition is about being and becoming our best selves; where support & caring is the name of the game; & where I meet my needs in cooperation with yours, not at your expense. Tuesday morning group and other workshops contact Sylvia Haskvitz, www.eatbychoice.net or (520) 572-9295. Wednesday night group information can be found at www.conerstonecoaching.com/ nvc-practice group/. Thursday or Sunday night groups contact Natanya Siegel, (520) 398-4578 or spoonfuloflove@netzero.com

COMMUNITY JUSTICE BOARD PROGRAM
Do you want to make a difference in the life of youth who have committed a minor offense? If so, the Pima County Attorney’s Office is looking for volunteers: Guiding youth to make positive life choices, helping youth gain insight about their actions, working with community members in a team setting. Volunteers work with first or second time youth offenders on holding them accountable and building on their assets. For more information about the Pima County Attorney’s Office Community Justice Board Program or how to become a volunteer, please call 740-5608 or visit our website at: www.pcao.pima.gov/communityjustice.aspx

CHEF CODY’S CULINARY ADVENTURES
Learn how to make Callaloo, Fresh Goat Cheese and South African Lemon Curd! Wednesday, March 16, 2016; 425 E 7th Street; Cost $20; Call or text for reservations 608-201-2960. Cooking Demonstration begins at 5:00 p.m.

GENTLE YOGA and MEDITATION CLASS
Ongoing weekly class provides a foundation for a healthy and safe yoga practice; $12/small group class. Wednesdays except 2nd Wednesday of each month 5:45-7pm at Yoga is Therapy, Winterhaven Center; 2921 E. Fort Lowell, Suite 103, Tucson, AZ It is necessary to pre-register for your first class. www.healingpathyoga.net; Contact Jessica Byron MD RYT500 healingpathyoga@gmail.com; Aqua Yoga Classes also available, see website.

CLASSIFIEDS
1. Two window air conditioners (5,000 & 8,000 BTUs)-one is brand new $200 & $150 obo
2. Wringer washing machine (motor works) $250 obo
3. Large sofa - restuffed, like new $400 obo
4. Bathroom faucet - brand new $35 obo
   Call Abby at 795-8895

Call for Volunteers:
Food Conspiracy is looking for a volunteer to guide children’s activities at the Annual Meeting on Sunday, March 6th.

Pie Party Volunteers!
We are looking for volunteers to help set up, serve pie and clean up for this year’s Pie Party Sunday, May 1st. Contact outreach@foodconspiracy.coop

This feature will now be published on our website at www.foodconspiracy.coop please submit all event information to: newsletter@foodconspiracy.coop

Learn

Neutopia’s Yoga Classes (article on page 8):
Yoga at the Co-op
Every Tuesday, 5:30—6:30 p.m.
free, anyone can learn
Co-op Hoff Building, 425 East 7th Street

YMCA Yoga
Every Thursday, 11:45 a.m.—12:45 p.m.
Free for YMCA members, $10 with a daily pass on all classes, or free with a guest pass (six passes per year) downloadable from Tucson YMCA website
Downtown Lohse Family YMCA, 60 West Alameda Street
www.facebook.com/freeyogatucson
A Facebook group dedicated to sharing no charge events and classes. Find a list of ongoing weekly classes in a variety of forms of yoga, locations, days of the week, and times.
Native Seeds/SEARCH is a non-profit organization working to conserve and promote arid-adapted crop diversity to nourish a changing world. Based in Tucson for over 30 years, NS/S conserves approximately 1900 seed accessions from over 100 species of wild crop ancestors and domesticated crops used as food, fiber, and dye. The seeds are preserved in our seed bank in Tucson, and regenerated at our conservation farm in Patagonia, AZ. NS/S also promotes the use and conservation of these heirloom seeds by distributing them through donation programs and sales, to ensure that they remain available to people and communities throughout Southwest.

http://www.nativeseeds.org/

Common terms “Cage-free” & “Free-range” found on egg cartons can be confusing and might not be all they’re cracked up to be. Big Egg-riculture is more than happy to keep it that way. With no legal definition on these terms it’s hard to know what to trust. “Cage-free” means no outdoor access. USDA “Free-range” definition applies to poultry chickens not egg laying chickens. “Free-range” means they must have “access to the outdoors.” “Pasture-raised” chickens have the most freedom & mobility--it means what you think of when you imagine “Free-range.” This Picture from Vital Farms tells all.

Source: vitalfarms.com
“CONSUMED” MOVIE SCREENING

Consumed, a dramatic thriller set in the complex world of GMOs. It’s not a documentary. It’s the first narrative feature film about the topic told in deeply personal ways. The story is anchored by a working-class, single mother played by Zoe Lister-Jones who goes on a journey to uncover the cause of her son’s mysterious illness and allergies. Interwoven are the stories of an organic farmer (played by Danny Glover) in danger of losing his farm, the CEO of a biotechnology corporation, two scientists on the verge of a major discovery, and an ex-cop caught in the middle of it all. To learn more and see a trailer, visit consumedthemovie.com.

Consumed will screen on Tuesday, April 12 at 7:30pm at The Loft Cinema, 3233 E. Speedway Blvd. The film will start at 7:30pm followed by a panel discussion and guest speakers TBA. Regular admission prices. Tickets are available by calling the box office at 520-795-0844, or by visiting www.loftcinema.org. There will be a Non-GMO Information and Food Fair with local groups and vendors on the Loft patio before the film, starting at 6:00pm.