From the Back of the Editor’s Mind:

Kelly Watters, Conspiracy News Editor

It is time to heave a collective sigh as we head into another Tucson summer. Thankfully, summer months allow us to slow down, relax, take naps, and enjoy late nights and early mornings spent outdoors. Summer at Food Conspiracy marks our First Friday Summer Sales, which means live music, tastings, and 10% off store purchases on the First Friday of the month. During the first two weeks of July, we hold the Eat Local Challenge—a celebration of the season’s abundance and the locally grown produce available in the store.

This issue of Conspiracy News is about fairness—fairness in the food system and beyond. The book review addresses structural racism in farming. Our main story, provided by Gloo Factory Ink, features a local fair trade partner in Douglas, Arizona and Agua Prieta, Sonora. Because we live in a world in which people are disconnected from the source of their goods, we wanted to illuminate and make connections to the people who bring food and goods into our homes on a daily basis. We have been in process of transitioning the Conspiracy News. We are excited to invite and engage with you—whether you are a reader, writer, photographer, cook, or poet. See below and back cover for information about how to contribute to the July Monsoon issue.

Call for Contributors

We are seeking your contributions to Conspiracy News! Formats solicited include but are not limited to: recipes, poems, cover photos or original art, personal essays, and reported stories.

Guidelines

1. Consider a broad audience—each reader is engaged in an individual journey of health and wellness.
2. We are inspired by human stories. Consider sharing a personal essay or reporting on a person doing important work in our community.
3. Stories that best fit Conspiracy News are those rooted in the potential for future growth or sustainable development in our community. We love stories that ask what’s possible.

Themes & Deadlines

July/August – Theme is Monsoon. Deadline: June 1
September/October - Theme is Cooperation. Deadline: August 1
November/December - Theme TBD. Deadline: October 1

Contact

The Editor at newsletter@foodconspiracy.coop. We are also growing the newsletter! If you have a service or offering and you would like to advertise, contact us for rates.

The Nonviolence Legacy Project (NVLP) began in 2009 with the intention of passing the legacy of nonviolence to the youth of today. NVLP is one of several positive peace programs affiliated with the Culture of Peace Alliance (COPA). Funds from the May Round Up will go towards supporting a two-week Advanced Youth Nonviolence Institute that NVLP is presenting in July. A diverse group of 30-35 high school-age youth are being selected to participate in this Summer Institute where they will be certified both as Youth Nonviolence Trainers and Level I Circle Facilitators as the first step in a year-long youth leadership program.

www.cultureofpeacealliance.org
Board Report
May / June 2016

David Miller, Food Conspiracy Board Member

I am confident that those of you who were able to attend the Annual Meeting of the Food Conspiracy Co-op enjoyed the event as much as I did. Other than the usual Co-op business of Board elections (congratulations to the new Board Members Gontran Zepeda and Michael DeSantis, and re-elected Board Members Rob McLane and Fiore Iannacone), we were entertained prior to the meeting with a wonderful slideshow of the Food Conspiracy owners, employees, farmers who provide our fresh produce, and other vintage photos. You could say it was a “blast from the past.”

Rob McLane, Board President, and Kelley Kriner, General Manager, shared their gratitude for past Board members, gave us a report on the state of the Co-op, accomplishments in the previous year, and some of the challenges that we have faced and are facing going forward. They built upon last year’s annual meeting presentation by CE Pugh, Operations Manager of National Cooperative Grocer, on the ever-changing competitive environment (nationally for food co-ops), the competition we are facing in Tucson, and what is needed to stay relevant while meeting the needs of our owners. Discussed was the process of expansion/relocation for the Co-op which led into a Q&A session. One of the main takeaways was the reassurance from the Board and Management that we are in the exploratory/preliminary stages and any potential relocation of the Co-op would be in our immediate neighborhood. With the results of two market studies, we learned that Food Conspiracy is located in the right place; relocation would focus on areas nearby the current store. In addition, the Board and Management told attendants that when there is more information to share, owners will be invited to town hall meetings or forums to share information and hear suggestions and concerns. If members choose to be involved, they will have the opportunity to have their voices heard. Following this informative Q&A session, the Conspiracy Kitchen treated us to a wonderful Korean Barbeque dinner. Music was by DJ Butta Fly.

If you missed picking up a copy of the FY 2015/15 Annual Report at the annual meeting, you can obtain one next time you visit the Co-op. Presented below are some highlights from this report:

- **Board President, Rob McLane**, shared that Board of Directors spent 2015 “looking inward at the Board’s work together and looking ahead to the possible expansion of the store.” The Board had great discussions about the direction of Food Conspiracy with review of the Ends Statements. “When we work toward a profitable business, we do so in order to have resources to raise wages, offer generous employee benefits, expand education and outreach, and support more local farmers.”

- **General Manager, Kelley Kriner**, stated that FY 2014/15 was a challenging year for the Co-op. Although sales increased, our net profit percentage and amount decreased. Many factors contributed to this decrease in profit, including more competitors opening stores in Tucson (and brick and mortar stores such as Safeway and Fry’s getting more into the natural food business), more promotional events (sale days), and departments lowering prices. She shared that the flattening or decline in sales growth as competition increases is a trend being felt by the majority of food co-ops.

- **Our Outreach and Education manager, Kelly Watters**, said that FY 2014/15 was a full year for the department, with many events and classes being presented by the Food Conspiracy. “The most exciting new endeavors are the Conspiracy Garden and Conspiracy Classes.” This spring, the garden provided plant starts for home gardeners. It is behind the Hoff building opposite the parking area behind the Co-op. If you haven’t attended any classes or would like to teach a class, contact Kelly at outreach@foodconspiracy.coop. You can locate Conspiracy Class and events calendar on the wall in the store, on our Facebook page, on our website, and in the events section of this newsletter.

This being my fifth year on the Board, I can share that each year has presented challenges. The common threads holding us together are our values, which are expressed in our Ends Statements. The Board is here to serve you, the owners. Please feel free to contact us with your questions or suggestions at board@foodconspiracy.coop.
Articles about health or nutrition are for informational purposes only. We recommend that you consult a healthcare professional for medical advice. Opinions expressed in this newsletter are those of the writers and not necessarily the views or policies of Food Conspiracy Co-op.

Submissions to Conspiracy News are encouraged and due by the 1st of the month prior to the publication date. All unsolicited material—including letters—is subject to approval. Written submissions by email are preferred, but hard copies can be mailed or delivered in-person during business hours.

The Community Calendar highlights events and meetings of interest to Co-op members. If you or your group would like to be considered for inclusion in the calendar, please submit all information about the event to newsletter@foodconspiracy.coop. Be sure to include a contact name and phone number. Due to the quantity of submissions we receive, we are not always able to publish all events.

Unclassifieds—Non-commercial ads of 50 words or less from Co-op members are free. Free ads include: personal messages, personal items for sale, lost & found, notices, and miscellaneous wanted. Limit one free ad per issue. Free ads to run more than one issue must be resubmitted. Unclassifieds from non-members, or those that do not meet the standards for free ads, are charged $0.40 per word. Full payment for ads must accompany the order. Ads for instruction and services offered for a fee are not free.

Moving? Please notify us, so we can keep the newsletter coming to you.

Please reuse, recycle, or pass this newsletter on to a friend. Thank you!

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SUGGESTIONS
QUESTIONS
COMMENTS

One of the ways the Co-op receives input from owners and shoppers is through cards titled: Suggestions, Questions, Comments. The Co-op management team reviews each card and responds. If you want to make a comment, suggest a product, or have a question look for our customer comment area at the front of the store.

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STAFF PICKS

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!

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CONSPIRACY BREAD

ERIC is excited to introduce Conspiracy Bread made in Tucson at Bakehouse Bread. He enjoys the Sourdough Baguette, a new Co+op Basic, with a touch of olive oil, soft goat cheese, Olli’s soppressata or salmon lox. Yum!

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TURMERIC

WALLY, our new kitchen manager, highly recommends turmeric which can be found fresh in our produce department, as a supplement in wellness, or as a dried spice in the bulk section. It adds great flavor and color to meals while being an amazing anti-inflammatory. Try it as an addition to rice.

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GARLIC SCAPES

TODD has been enjoying garlic scapes from our produce section. A garlic scape is the flower bud of the garlic plant that is long, stringy and tastes like garlic. Todd says they make the best pesto and recommends enjoying them roasted on top of pizza.
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<th>Conspiracy Bread Sourdough Baguette</th>
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<td>La Riojana Co-op Fair Trade Wine</td>
<td>Organic Girl Salad Mixes</td>
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Annual Meeting 2016

Photos by Randy Metcalf
SEWN TOGETHER

Written by Ray Younghans, The Gloo Factory
The Women’s Sewing Cooperative of DouglaPrieta Works (DPW) is the longest running and closest fair trade sewing project in our region. The women of DPW make quality hand-sewn products and support a community center that teaches self-sufficiency and promotes food security in the community of Agua Prieta, Sonora. The women are agents for change in this post-colonized town, and the project demonstrates how our consumer choices can make radical differences in peoples’ lives, while countering the global capitalist paradigm that takes the means of production away from individuals—for everything from the clothes we wear to the food we eat.

The name DouglaPrieta describes the mission of the group to dissolve the border between Agua Prieta, México, and contiguous Douglas, Arizona, where an artificial wall creates real divides between those who have material prosperity and those who don’t. Thus, DouglaPrieta Works is a resistance group that fills in the barren holes left in communities by worker exploitation. In previous decades, many people from Agua Prieta were employed by NAFTA factories, where they made products (including sewn goods) for export. Since 2000, over two-thirds of the factories have moved to lower-wage zones in Asia. This has left more and more people unemployed. Since 1990, the population of Agua Prieta has risen from 37,000 to 200,000, and dozens of migrants are deported daily from the United States into Agua Prieta.

DouglaPrieta Works embraces a system where people can apply their skills to receive fair wages to support their families, and can pass their skills on to others, thus securing a livelihood for future generations. DPW has been collectively raising capital for infrastructure, equipment, and training to expand their program. Members make decisions together with the progress of all in mind. The women’s sewing group is a function of the whole cooperative, which also trains members in growing healthy food, building trades, and computer skills. Through perseverance, they have developed a community center with productive gardens and hand-made adobe structures. All members work in the garden, which contains food crops, fruit trees, herbs, and medicinal plants. Chickens are raised for eggs and rabbits for meat. The gardening supports improved nutrition and growth in self-esteem. The gardening program teaches water-harvesting, desert irrigation, erosion control, and use of beneficial bugs for control of other pests. The resources generated from sewing and food production benefit the members and also go back to support the center for all. Committed to a self-sufficiency that lives through future generations, DPW also teaches classes. Co-op member Trini Anguamea says “We’ve had about 26 children come for sewing classes. They also come see the vegetables we grow. I know they’re going to learn something good.”

Churches, service clubs, and border aid groups order bags, aprons, hot pads, and bandanas to sell at fundraisers. DPW also partners with humanitarian group No More Deaths to provide “dignity bags”—bags which are given to migrant deportees who have had all of their possessions taken in the deportation process. Local Tucson businesses and organizations such as Tap & Bottle and Make Way For Books order custom-printed tote bags from the DPW Co-op. Food Conspiracy Co-op has printed on tote bags and other items from DouglaPrieta Works, consistent with its mission to source locally and ethically, as well as to cooperate amongst other sister co-ops.

The DPW sewing Co-op is currently comprised of about seven women. As sewing orders increase, the Co-op trains new women. “Each member also becomes an active gardener and participates in the group’s governance” said Rosalinda Chavez. The collective meets with buyers to negotiate a wage that is fair and agreeable to the cooperative. This process elevates the concept of “Fair Trade” to an even higher standard as it gives more power to the workers themselves. DPW exports their products with the help of U.S. volunteers who courier them over the border, where they find their way to Tucson and elsewhere. Since the current export and import system is not designed for production of this human scale, the volunteers based in Douglas, Arizona are critical in helping the cooperative provide logistics, such as materials transfer, delivery and ordering.

Not only is the purchase of fair trade DPW sewn products a major benefit to the women who make them, but it supports a true local alternative to a global problem. In Tucson the products are available through the Gloo Factory, a union print shop and DPW’s main customer, where they may be embellished with custom designs. DPW products are well made and produced in a manner increas-ingly hard to find in an industry that has raced to the bottom to get the cheapest source of labor. This same industry maximizes profits from American consumers, who are often thoughtless about the source and subsequent impacts of the products they buy.

Through 13 years of sewing, growing, and building economic self-reliance, DouglaPrieta Works has taught and inspired many. Despite the challenge of living in a town with a rapidly increasing population of deportees, unemployment, and health problems, the women of DouglaPrieta Works demonstrate how to rebuild solid community and self-sufficiency in a climate of challenge. Through the struggle, Trini says “One of things we have learned is we don’t give up easy.”

DPW is seeking to expand their network of customers, as well as donations of fabric, machines, and sewing supplies. To donate these materials, purchase DPW fair trade products or order them with custom sewing or printing contact the Gloo Factory at: www.thegloofactory.com.
The following Domestic Fair Trade & Worker Rights Policy Insights are from SPINS a natural foods industry database that provides Food Conspiracy and other food co-ops with consumer trends information and insights into the natural food environment with the purpose of growing the natural products industry.

Policy Insights: Domestic Fair Trade & Worker Rights

Fair Trade Movement

Fair trade is a market-based approach to boost small-scale farmers and producers out of poverty with improved economic, social and environmental aspects. This movement has made significant inroads, internationally, in providing developing-world farmers with tools to compete in the global market. Its principles can lead to higher incomes, economic stability, reliable trade networks and improved public health overall. While some communities may see limited improvements, the Fair Trade system continues to evolve. Economic disparity and worker rights are far from resolved, but the movement is established and consumers are increasingly supportive.

Almost any handpicked crop runs the risk of worker exploitation, which is happening on farms around the world and in our backyard. The momentum for food system transparency is drawing attention to workers picking domestic crops in the United States. Human and worker rights is an important issue of our times, and one we as a nation cannot turn our backs on anymore.

Social Injustices in U.S. Produce Industry

The agricultural industry relies on a significant workforce, yet it remains one of the most unregulated labor sectors, lacking basic protections many take for granted. Many migrant workers may endure the following, as conditions go unreported and basic civil liberties fade.

- Wage theft: to cover inflated debts; as punishment for asking for food, water or questioning conditions while at work.
- No water, toilet breaks or shade for reprieve throughout the long and arduous workday.
- Threats and beatings if unable to work due to illness or injury, oftentimes the result of pesticide poisoning that may cause severe side effects.
- Forced to ignore safety protocols in favor of productivity.
- Sexual harassment is a constant issue as women, in fear of jeopardizing their job, have little recourse to fend-off advances.

Off the farm, nearby migrant communities may also experience inflated prices, and with little money to pay for amenities or food, workers squeeze into slum-like conditions. Despite some advances in laws protecting agricultural workers on and off the farm, they are often unenforced or come with many loopholes.

Significant Events in U.S. Agricultural Labor Rights

- 1935 – The National Labor Relations Act: federal rights for laborers to unionize and collectively bargain; yet this act excludes agricultural workers.
- 1962 – Cesar Chavez campaigns for worker rights in California: developed into the United Farmworkers Union (UFW).
- 1963 – Farm Labor Contractor Registration Act (FLCRA): tracks accountability for withholding pay or abusing pickers.
- 1966 – FLSA grants agricultural workers a minimum wage; excludes overtime, minimum age and small farms.
- 1975 – California Agricultural Labor Relations Act: Cesar Chavez and the UFW helped establish bargaining rights. Only a handful of states have laws recognizing agricultural worker rights to unionize.
- 1983 – Migrant and Seasonal Agricultural Worker Protection Act replaces the FLCRA as the principle federal law for farmworkers, while still excluding collective bargaining rights. This law aims to enforce basic minimum wage, federal and local housing and farm transportation safety standards. Extends accountability of violations, including abuse, to farm owners who feel they are not liable for actions of labor contractors and have tried to weaken this rule.
- 1992 – EPA Worker Protection Standard establishes pesticide application safety protocols, but are weak and unenforced. Through pressure from advocacy groups and pesticide handlers, the EPA is currently updating the rule.
- 2000 – Victims of Tracking and Violence Protection Act federally defines acts of slavery eligible for prosecution - informed by slave rings exposed in Florida tomato fields. Omits language holding growers accountable for violations.
Policy Insights: Domestic Fair Trade & Worker Rights

Domestic Fair Labor Voluntary Standards

In lieu of regulatory enforcement, a movement is burgeoning to address working conditions and labor rights in U.S. horticultural crop production. 1.1 billion pounds of pesticides are sprayed each year in the US, with around 20,000 farm worker poisonings annually. In Florida alone, the Pesticide Action Network has identified 34 chemicals out of a possible 110 herbicides, fungicides and pesticides as highly toxic that are widely available for use in tomato production. Pesticide protections, just one component of fair labor, along with honored wages and transparency can be seen through the recently released voluntary labels below.

The Coalition of Immokalee Workers (CIW), established in 1993, initially serving as a refuge for abused and enslaved workers, has codified a set of standards to protect Florida tomato pickers. It evolved into a consumer-powered campaign resulting in 13 guaranteed buyers of Fair Food tomatoes - such as McDonald’s, Subway, Whole Foods, Trader Joes, Walmart, and as of January 2015, The Fresh Market. There is momentum to expand these standards to other crops and states.

Retailers participating in the Fair Food Program can display the label, released in 2014, as a guarantee of these standards:

- **Fair Food Code of Conduct** - develops standards and educates farmers on their rights – minimum wage, tents for shade, breaks, complaint processes and safety precautions when spraying pesticides.

- **Fair Food Standards Council** - conducts audits to ensure compliance and resolves complaints.

- **Fair Food Program Premium** - line item premium of a penny per pound, passed on to pickers can result in $600 more a month, on top of Florida’s $8/hour minimum wage. The CIW ensures both the premium and minimum wage are honored.

Agriculture Justice Project, since 2007, helps advance and provide social justice standards for organic operations, as organic standards do not include specific labor criteria.

Equitable Food Initiative has been in the works since 2012, with the trust mark appearing on store shelves December 2014. It focuses on strict reporting to justify pesticide use to deter applications and safety protocols beyond the EPA Worker Protection Standard, plus an array of labor and other food safety standards. There are differing views of what domestic fair labor should look like. In general, domestic fair trade focuses more on a hired labor force and working conditions on large-scale farms, as opposed to developing small landowning farmers into cooperatives, the founding principles of international fair trade. The Domestic Fair Trade Association (DFTA), formally established in 2007, acts as a segue between international standards and developing domestic criteria it considers to be fair trade. With disparate consumer, worker and advocacy group initiatives, along with ethical sourcing policies reaching a critical mass, associations like the DFTA can help give shape to the movement both within and beyond its scope.

**SPINS Product Attribution**

Organic agriculture bans the use of synthetic pesticides and dumping of toxic chemicals, which protects the health of the environment and agricultural workers. Consumers are increasingly supportive of processes that open up transparency, reduce toxicity and address social injustices. Thus, products with both organic and fair trade certifications are popular with natural channel shoppers for typical tropical commodities such as coffee, tea, cacao and most recently, coconuts. As the recommendations of a balanced diet continues to stress the importance of fresh fruits and vegetables, the welfare of those picking the bounties of US produce is taking center stage. Overlapping organic and fair labor certifications – a gold standard of good food policy – holds promise to translate into the produce aisle.

See page 12 for an additional social justice standard label.


Book Review

The Color of Food – Stories of Race, Resilience and Farming

Glenn Furnier, Food Conspiracy Board Member

Have you noticed that the “foodie” and new urban agriculture movements look considerably “whiter” than our population? Natasha Bowens did. Raised in an urban area and working in Washington, DC, she decided to get back to the land and work on an organic farm in Virginia. An African-American friend voiced disbelief, saying that their people had escaped a history of agriculture infused with slavery. Bowens knew that all too well. Both sides of her family tree trace back to South Carolina and her mother’s ancestors bought her father’s ancestors to work as slaves on their farm many years ago. As the only African-American on the organic farm, Bowens wondered where all the African-American back-to-the-land urban hipsters were. To find out, she set out on a 15,000-mile pilgrimage through 16 states, interviewing 53 farmers of color along the way. The result is an examination of the barriers faced by farmers of color and the resilience they draw on to be successful farmers.

This book is full of fascinating histories and many color photographs of the diverse communities that comprise our country. It is organized into chapters that focus on land rights, resilience, preserving culture and community, women farmers, and the role of the younger generation. After brief chapter introductions, Bowens lets us explore these themes through five portraits in each chapter (25 total). Through the words of these farmers, we learn their histories, where they are today and their aspirations for the future.

Native Americans were displaced from the majority of the land they farmed and foraged. People in Africa were taken from the land they farmed and shipped to the USA to work the farms of others as slaves. Japanese were banned from owning land in the USA and when they were sent to concentration camps during World War II they lost much of the land their USA-born children had acquired. This is not just ancient history. In 1900, African-Americans owned 17,000,000 acres of farmland and they have lost over 70% of it, going from a million farmers to just 15,000. Sometimes there have been overtly discriminatory laws that prevented farmers of color from succeeding, at other times the government and banks have colluded to prevent these farmers from taking advantage of programs available to white farmers. For immigrant farmers, there are also the barriers of language and learning new legal systems.

In spite of the injustice of our country’s agricultural history and present, full of injustice, many farmers of color have succeeded. Renard and Chinette Turner lived in Washington, DC but wanted the ultimate in independence that comes from raising one’s own food. They now have a very successful 94-acre farm in Virginia and their goat meat is in high demand. Because of the history of discrimination, they avoid government programs as much as possible, and revel in the independence they have found.

Pang Chang, a Hmong immigrant grows guava, papaya, mango, and jujube in greenhouses near Fresno, CA, drawing on generations of expertise developed in the highlands of Laos. Drawing on different traditions, the Center for Cherokee Plants is helping the Eastern Cherokee return to traditional plants to improve their health and strengthen their culture.

NAFTA has driven many Mexican farmers from their land, causing them to migrate north to work as farm laborers for the very companies that put them out of business. To find some stability, some try to start their own farms. The National Immigrant Farming Initiative is there to help them form farming cooperatives, working at the critical planning phase to interpret the English language and the government and banking systems for the farmers.

Right after Hurricane Katrina, Jenga Mwendo left her job in New York to return home to the devastated Lower Ninth Ward of New Orleans, helping families and neighbors recover. In recognition of the traditions of gardens and food sharing that the predominantly African-American community has long had, she started community gardens that act as a focal point of hope. Garden walks keep the elderly fit and let them know their community continues to thrive, even in the face of gentrification.

There is no way to fit all of the stories in this book into this review, but they are all very interesting. The farmers interviewed in this book are quite eloquent and inspiring. They illustrate dimensions of farming that many people do not consider and often do not want to consider. As our country becomes more diverse, these people represent the future of farming. It is well worth spending some of your time with them.

Food Justice Certified is a label based on high-bar social justice standards for farms, processors, and retailers, including every link in the food chain from farm to table. Our approach is holistic; we ensure fair treatment of workers, fair pricing for farmers, and fair business practices. Food Justice Certified is designed for all agricultural production systems, fiber and cosmetics as well as food.

GreeStar Co-op in Ithaca, NY is one of the few food retailers that is Food Justice Certified.

More information at http://agriculturaljusticeproject.org/
Registration for classes must be purchased 24 hours prior to the start of the class. Registration purchases can be made in store or online at www.foodconspiracy.coop/events
*Indicates the class or event will be held in the Hoff Building, 425 E. 7th St.

**WEDNESDAY, MAY 4**

**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 throughout the following month). A light dinner is served at 6:00 p.m. Meeting starts at 6:30 p.m.

**SATURDAY, MAY 7**

**WHY ORGANIC SKIN CARE? HOW TO RESEARCH & IDENTIFY HEALTHFUL AND HARMFUL INGREDIENTS*** WITH PAULA MORRIS

How to research and identify what is healthful and harmful
With nature’s best ingredients, you can clean, nourish and protect your skin without harmful or toxic chemicals. Learn what ingredients you should be most aware of that cause harm to yourself, others, and the environment. Class participants will use the skin care products brought from home and their cell phones or tablets as a hands-on learning lesson to identify harmful as well as safe ingredients. Class participants should bring two different kinds of skin care products and their cell phones or tablets. 10:00 - 11:30 a.m. Cost: $5

**SATURDAY, MAY 7**

**HEALTHY BODY-HEALTHY MIND SERIES, PART 1: HERBS FOR HEALTH AND MEDICINE WITH JAWANA COX***

Common physical ailments of colds, flu, first aid, digestion and constipation can be addressed by using herbs as medicine. These herbs can also affect the mind. Measurements, when to use and not to use as well as safety in use will also be addressed. In this class we will make a tincture preparation using vinegar and fresh herbs. Bring a knife, cutting board and a glass container. Container must be glass. Also, you may want paper and pen for notes. Class will be limited to 20 participants. 2:00 - 4:00 p.m. Cost: $10. Participants can choose all or any of the classes in this series.

**SATURDAY, MAY 14**

**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

**SATURDAY, MAY 14**

**HEALTHY BODY-HEALTHY MIND SERIES, PART 2: USE ESSENTIAL OILS AND FLOWER ESSENCES FOR EVERYDAY LIFE WITH JAWANA COX***

This class will share how to use essential oils for mental and physical health and how to use flower essences for mental and emotional support as well as common uses for first aid. Bring paper, pen and an open mind. Class will be limited to 20 participants. 2:00 - 4:00 p.m. Cost: $7. Participants can choose all or any of the classes in this series.

**SATURDAY, MAY 21**

**NUTRITION 101: HYDRATION WITH ROBIN SCHUETT-HAMES, NTP***

Do you often feel tired and over-heated with head or other body aches? You may be drying up! Most of us are walking around with varying levels chronic dehydration, affecting us from skin to bone. Unfortunately, the answer isn’t as simple as just drinking more water. Come learn how to re-hydrate by balancing water with mineral intake, and sourcing non-contaminated drinking water. We will make a healthy alternative to sugary sports drinks. Bring a water bottle if you would like to take home the beverage we make. 10:00 - 11:30 a.m. Cost: $6

**SATURDAY, MAY 21**

**HEALTHY BODY-HEALTHY MIND SERIES, PART 3: MIND/BODY CONNECTION TO COMMON HEALTH ISSUES AND SOLUTIONS WITH JAWANA COX***

As in food, movement, exercise and breathing as is food are essential for total mind and body health. This class will cover distressing techniques. Please bring a personal exercise mat or yoga mat. Class will be limited to 20 participants. 2:00 - 4:00 p.m. Cost: $7. Participants can choose all or any of the classes in this series.

**THURSDAY, MAY 26**

**“THERE ONCE WAS A MAN...” AN ILLUSTRATED STORYBOOK FOR ADULTS OF ALL AGES COMES TO LIFE!**

Join hey pedro! (aka Peter Yates-Hodshon), writer and Co-op owner, along with jokeharmonica (illustrator, artist, musician) and Joanna Frueh (narrator, writer, performance artist, scholar and Co-op owner as they present a reading of jokes and heypedro’s handmade book “there once was a man...” All the lettering (with the exception of the copyright page), layout, design, and paste up were hand rendered, using a Pentel “Stylo,” a non-photo blue pencil, kitchen shears, masking tape, and a glue stick, respectively on the kitchen table. The final stages of digitizing, printing, and binding were done at Tucson’s own Gloo Factory. Join us for a reading in the garden followed by a presentation by local union print shop Gloo Factory Ink. Books will be available for purchase. 7:30 p.m. in Conspiracy Garden behind the Co-op.

**SATURDAY, MAY 28**

**HEALTHY BODY-HEALTHY MIND SERIES, PART 4: LIVING AND UNPROCESSED LIFE FOR HEALTH*** WITH JAWANA COX

Together, essential oils, flower essences, herbs, breathing and exercise are together part of mind body connection for overall health and wellbeing so that we can live a clean and green way of life. This class will bring all elements together and show how to detoxify the home of processed food, chemicals, and stress. Bring a pen, paper and an open mind. Class will be limited to 20 participants 2:00 - 4:00 p.m. Cost: $7. Participants can choose all or any of the classes in this series.

Conspiracy Classes & Events continued, pg. 14
ATTENTION CONSPIRACY NEWS READERS:

As stated in the March/April Newsletter we are no longer printing the Community Calendar in Conspiracy News. In order to make room for interesting and informative content for readers we moved the Community Calendar to our website. You can view it at: www.foodconspiracy.coop/events/category/tucson-community-calendar/

Are you interested in posting an event or class to the Community Calendar? Submit your Tucson event or class today at: www.foodconspiracy.coop/events/community/add

Continued, from pg. 13

WEDNESDAY, JUNE 1
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 throughout the following month). A light dinner is served at 6:00 p.m. Meeting starts at 6:30 p.m.

FRIDAY, JUNE 3
FIRST FRIDAY SUMMER SALE
Everyone Saves 10% on all purchases (except special orders, gift cards, and classes). Maximum discount is 10%. Demos and live music from 6:00 – 8:00 p.m.

SATURDAY, JUNE 18
HOW TO MAKE A SOURDOUGH STARTER AND HOW TO USE IT FOR BAKING WITH DAN DORSEY*
In this class we will demonstrate how to create a sourdough starter and use it in place of store bought yeast for home baking. We’ll discuss the many advantages of this ancient method over packaged yeast in making bread, such as reduced gluten, greatly increased availability of Lysine and other nutrients, better and more complex taste, increased length of storage, and other benefits. First time bread bakers are welcome. 2:00 – 3:30 p.m. Class will be limited to 15 participants. Cost: $8.

Fair Trade, Locally Made, and so much more!

The Gloo Factory, a union print shop in South Tucson, partners with two amazing local cooperatives: Food Conspiracy Co-op and DouglaPrieta Works. Both are community-focused and member-owned. DouglaPrieta Works is a women’s sewing co-op in Mexico which produces high quality, handsewn textiles like these Co-op tote bags.

The Gloo Factory is inspired by our community’s work for social change.
Supporting the issues that our customers value motivates us to work hard every day.
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“...the greatest change we need to make is from consumption to production, even if on a small scale, in our own gardens. If only 10% of us do this, there is enough for everyone. Hence the futility of revolutionaries who have no gardens, who depend on the very system they attack, and who produce words and bullets, not food and shelter.”
—Bill Mollison

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Demos & Live Music 6–8 pm
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CONSPIRACY NEWS

CALLING ALL CREATIVES!

We are seeking your contributions to Conspiracy News! Formats solicited include but are not limited to: recipes, poems, cover photos or original art, personal essays, and reported stories.

GUIDELINES

1. Consider a broad audience—each reader is engaged in an individual journey of health and wellness.
2. We are inspired by human stories. Consider sharing a personal essay or reporting on a person doing important work in our community.
3. Stories that best fit Conspiracy News are those rooted in the potential for future growth or sustainable development in our community. We love stories that ask what’s possible.

THEMES & DEADLINES

July/August - Theme is Monsoon. **Deadline: June 1**
September/October - Theme is Cooperation. **Deadline: August 1**
November/December - Theme TBD. **Deadline: October 1**

CONTACT

The Editor at newsletter@foodconspiracy.coop. We are also growing the newsletter! If you have a service or offering and you would like to advertise, contact us for rates.