From the Back of the Editor’s Mind:

Kelly Watters, Conspiracy News Editor

This October as we celebrate Co-op Month, it can serve as a time to reflect on why we are part of a co-op or why to join the Co-op and what our individual commitment is to the whole. At our Co-op, your shopping choices can support your individual commitments while contributing to a local and global economy and to how we live on the Earth.

In this issue, Harmony Hazard, in An Antigone Books Review, eloquently asks how we weave an individual and collective. How do we create a more cooperative culture? It led me to consider a handful of local individual efforts supporting the collective and how these stories can motivate us and knit our own individual path into greater service to the Tucson and Southern Arizona community.

• In Generally Speaking John Glennon, our General Manager, shares the store operational efforts to further develop a cooperative culture among staff by laser focusing efforts on the customer experience for our Co-op.
• Laura Milkins, Co-op Owner, takes aim at zero waste by consciously focusing on her consumption of packaging.
• Pima County Seed Library asks local gardeners to grow and save this year’s One Seed selection, Kala Chana Garbanzo, for donation to local seed stock reserves.
• Ramona Farms saves the Bafv (aka the tepary bean) traditional crop at the behest of their community elders.
• Featured in Tucson Gems, neighboring dance and fitness studio, Floor Polish, creates space for local dance and fitness to come together.
• Melissa Diane Smith, local author and nutritionist, discusses how the reader can avoid GMOs by educating themselves.

As a group of people involved in a Co-op, we may be more engaged in issues that are important to us and we know despite that fact that our part may be small, together these efforts are vital to the life of the greater whole. Enjoy the stories and happy Co-op Month!

NEW CO-OP GIFT CARDS!

With the holiday season coming upon us, an easy, practical, and delicious gift to give is a Co-op Gift Card. Purchase any amount you choose, it’s recyclable, reloadable and made with 60% chalk.

You can also become a FRIEND OF THE CO-OP by using a Co-op Gift Card for everyday purchases. Each year Food Conspiracy spends approximately $70,000 on credit card and debit card fees. Help us save these dollars and put them to other use in our Co-op by using a Gift Card for your shopping trips. THANK YOU!!

On the Cover

Title: Saguaro Starry Night
Lexi Coburn completed her MFA in Studio Art with an emphasis in Printmaking from the University of Arizona in 2009 while employed at The Food Conspiracy Co-op. She has exhibited internationally and nationally. Lexi welcomes the strong and positive influence that the Sonoran Desert has had on her work. See more of Lexi’s work at https://lexicoburn.wordpress.com

ROUND UP AT THE REGISTER

MONTH | ORGANIZATION
--- | ---
OCTOBER | Cooperative Community Fund
NOVEMBER | Lend a Hand Senior Assistance
DECEMBER | Cooperative Community Fund
Conspiracy Classes

*WHOLE FOOD PLANT BASED FOR THE HOLIDAYS AND BEYOND*
with Sharon Greenspan, Board Certified Health Practitioner

**Wednesday, November 14 • 6 - 7:30pm**
We now have scientific proof that a whole food plant based lifestyle will prevent chronic disease and the leading causes of death. Learn how to thrive, not just survive. We’ll discuss nutrition, food prep and navigating social situations. Taste some fun, easy recipes and bring lots of questions. **Cost: $10**

*EVENING YOGA INFUSED WITH HEMP-DERIVED CBD* with Zoe Lambert, owner of Sonoran Apothecary

**Thursday, November 15 • 6 - 7:15pm**
A slow moving evening yoga flow for all levels. Students will ingest a small dose of hemp-derived CBD tincture before a deeply relaxing yoga practice. We will end the class with self-massages with CBD topicals. **Cost: $15**

*HOLIDAYS, TRAVEL AND STAYING HEALTHY*
with Sharon Greenspan, Board Certified Health Practitioner

**Wednesday, December 12 • 6-7pm**
How do you stay true to your path when traveling, visiting family and going to holiday gatherings? Learn strategies for maintaining your health, dignity and happiness without rocking the boat. **Cost: $10**

*COOKING WITH HEMP-DERIVED CBD* with Zoe Lambert, owner of Sonoran Apothecary

**Saturday, December 15 • 10 - 11:15am**
Learn how to make your own hemp-derived CBD oil for cooking and baking at home. Students will taste test a variety of CBD infused recipes. Come prepared to ask all your questions about the benefits of using hemp-derived CBD! **Cost: $15**

Registration for classes must be purchased 24 hours prior to the start of the class. Registration purchases can be made in the store or online at www.foodconspiracy.coop/events

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

LIVE THE CO-OP DIFFERENCE

You are the reason our co-op is here.

- You create a **robust local economy**
- You grow a **healthier environment**
- You **reduce food waste**
- You **nurture community**
- You **grow fair trade business**
- You **support sustainable solutions**

Join the Co-op October 14 - 31 and get a Co-op t-shirt and 10% off your future purchase!
Board Report
Fall 2018
Michael DeSantis, Board President

The Food Conspiracy Board of Directors just wrapped up our fiscal year 2017-2018 on a high note with a productive Board retreat. Our work at the retreat focused on clarifying the structure of our organization from top to bottom and developing our 5 year vision statement. Looking at the Food Conspiracy this way, I was struck by how connected and interdependent we all are. What sets us apart from many other businesses is that our power and direction is driven by our Owners, Shoppers and the Mission that holds us all together. That power flows through our Board of Directors, Management, Staff, Owners and Shoppers and back around to the Board through elections and participation at Board meetings, making a complete circle. At our retreat, we developed a vision of what our Co-op might accomplish in the next 5 years. The future looks bright. We are now in the process of integrating this vision with our current Board Work Plan and guiding documents to create a comprehensive 5 Year Plan like none we’ve seen recently. It will continue to be a living, growing document that responds to your needs and the vibrant, ever-changing environment around us, while keeping a laser-focus on who we are and where we came from. I liken this view of our Co-op to the Gaia Hypothesis that sees the earth as a single, complex organism that supports itself and is incomplete without any of its parts. All parts of our organization are working better, because we are working together, from Staff through Management and the Board. Truly amazing opportunities are on the horizon for Food Conspiracy and we are poised to move into an exciting future, together.

With yet another productive year under our belts, the Food Conspiracy Board of Directors would like to invite candidates to run for a seat on our Board in the upcoming Co-op election cycle. We have big plans for the future of Food Conspiracy, and we need you—our committed and skilled Owners to help us drive the successes and accomplishments for our Co-op. Based on our Owners amazing support in last year’s election; our democratic principles are strong and it has never been more convenient for our Owners to run for a seat on the Board. Please reach out to me directly (mdesantis@foodconspiracy.coop) with any and all questions regarding the Board of Directors and the application process.

Thank you to our Owners and Customers for all of your support and please enjoy the holiday season at your Co-op.
When Marina Cornelius couldn’t find a regular spot for her popular dance class Cardio Party-O, it led her to consider “maybe I could rent a space and get others to come and teach more dance and fitness classes?” The call was answered with a resounding “YES!” from all the peers that she asked. At that point Marina felt ready to commit to making this her new direction. Within a month of finding a space, the studio was transformed. Floor Polish was born and officially open for business.

Floor Polish opened in May 2016 in the historic Tophoy building, home to a cluster of shops on South Hoff Avenue and 9th Street. It was home to Floor Polish studio until its recent relocation in March 2018 to 4th Avenue. Its new location is right next door to the Co-op at 408 North 4th Avenue previously occupied by the Humane Society of Southern Arizona’s Best in Show thrift store.

Marina had kept an eye on this space, having done art shows there. The space needed mirrors, a dancefloor, and of course, a disco ball. It now boasts of 20 weekly classes ranging from Cardio dance, Bachata, Caribbean, Femme, Bollywood, and Belly Dance, to strength and tone classes like Total Bod, Burlesque Fitness, and various unique Yoga classes. All classes are only $6 for a drop-in or save by purchasing a 5-class punch card for $25.

Making the studio drop-in friendly is definitely purposeful here where the atmosphere is accepting and open for experimentation and students may try many different things. Beginners are very welcome and there are no experts here. All ages of 16 and up are welcome. In dance or exercise, many hurdles may exist and Floor Polish aims to break them down, to make things super approachable and to just get people moving!

Part of the class lineup is a Sundays Yoga for Humanitarian Aid. The instructor donates her time and all the donations collected from class go to a local nonprofit organization focusing on humanitarian issues in the borderlands each month. One of the newest classes is Caribbean Beat with Monique. Caribbean Beat explores movement and steps to Afro-Cuban, Salsa Reggaeton, Soca, and Afrobeat music. Monique also teaches Bachata, a Dominican street style of dancing which is really fun. You can wear your street shoes, learn the movement and even practice couples dancing at the end of the class.

Floor Polish often hosts weekend workshops and monthly special events, in addition to their regular classes. Trap Yoga will be offered Saturday, October 21. Trap is a sub-genre of hip-hop music with heavy beats that originated in the Southern U.S. This Trap Yoga class will be taught by visiting instructor Kisa Doll. There are also regular burlesque workshops with Lola Torch, a local Tucson burlesque artist.

A new exciting partnership with Cans Deli, a deli and bar also new to 4th Avenue, is a Dance Night at Cans hosted by Floor Polish. This monthly dance event is free, the next one will be October 20th. Cans Deli offers a full bar and late night menu. The music and dancing get going at 10pm and go until 2am. Flo Po—affectionately called by its regulars—provides the music and anyone can drop by and dance. Are you ready to just dance?

Find a full class schedule with descriptions and times, and meet the dynamic team of instructors at floorpolishdance.com
It’s October already?! As I am sure many of you know, your Co-op operates on a fiscal year, which means our year just ended on September 30th (10/1 – 9/30). So…Happy New Year everyone!!! What a year it has been for your Co-op. Our morale is high from our Staff on through our Board, we are unified, and we are so ready for another exciting and successful year for Food Conspiracy. As always, THANK YOU for all of your continued support of our Co-op!!!

The overarching goal for our store’s operations in fiscal year 2018-2019 is to improve Food Conspiracy’s customer experience. What do we mean by “customer experience” you ask? Well, the concept of customer experience for Food Conspiracy denotes a shift in our collective focus to include all of the variables that contribute to the experiences of our Owners and Customers through our Co-op. Rather than focusing solely on a “customer service” checklist, we are striving to account for everything we can control as the Co-op Staff to make your trip to the Co-op enjoyable while still providing excellent service. Overall, you can expect Food Conspiracy to be furthering our capacity as a welcoming, well maintained, and positive space, where our supported and helpful Staff are prepared to provide an excellent customer experience for you—our Owners and Customers.

An important step for our Co-op to improve our customer experience is your feedback on how the Co-op can improve in meeting your needs. If you have feedback, ideas, or suggestions for us please let me know directly in the store, by emailing me (gm@foodconspiracy.coop), calling me at the store (520-624-4821), or filling out a comment card located near the registers in the café area. I am absolutely committed to following up and working to implement your feedback, ideas, and suggestions so please do not hesitate to reach out.

In addition to our overarching goal of improving Food Conspiracy’s customer experience this year, we are also committed to investing in our Staff to improve systems of Staff development, retention, and recognition. Our Staff’s hard work, knowledge, and dedication day in and day out is the energy that drives our Co-op’s successes, and I, with the support of the Board, have made a commitment as GM to continuously improving the Co-op workplace. In fact, my strategic goal in my 5 year plan as GM is to make Food Conspiracy the best place to work in Tucson. My starting point for this strategic goal is to focus on infusing positive energy into our store culture while developing solid systems for Staff onboarding, training, and career development. I am thrilled with our progress toward this goal already as well as our potential to further actualize our Co-op Value of providing a humane and fulfilling work environment.

It’s officially the Holiday Season, which means your Co-op has some very exciting upcoming promotions for all your Holiday needs. First, we have our Owner Appreciation Sale on October 20th, where our Owners receive 10% off purchases of $25 or more all day. We then have our BIG Thanksgiving Sale on November 17th where our Owners receive 10% off on purchases from $0 - $74.99, 15% off on purchases of $75 - $149.99, and 20% off on purchases of $150 or more. We will then wrap up the whole store sale festivities with our Street Fair Sale on December 5th where everyone receives 10% off on purchases of $25 or more. Don’t forget that your Co-op has an amazing selection of natural and organic certified turkeys scheduled to arrive in early November (read all about turkeys on page 16). Our Ferndale Market and Organic Prairie brand turkeys are of the highest quality, competitively priced, and will include an amazing coupon that will help you save even more on all your Thanksgiving groceries and produce. Your Co-op is here for you this Holiday Season!
Five months ago, I stood in my kitchen, looked at the recycling bin next to my trash can and shook my head in disgust. Once again, the bin was full to the top with bottles, cans, plastic containers and single-use cups. Next, I popped the lid on my trash can and, as you might expect, found more trash: a zippered, plastic lettuce bag, envelopes with clear plastic windows, a coated coconut water container, styrofoam trays, and a ton of plastic produce bags. I hung my head and thought, ‘This is stupid. I compost, recycle, reuse and repurpose, and still there is so much trash. I can do better!’

I can do better. We all can do better. This idea had been niggling at me for months, but now I felt a conviction: I was going to live for 6 months using zero packaging, ZERO. No tags, containers, twist ties, fruit stickers or bags, certainly no Styrofoam, shrink wrap or plastic containers, and not even paper bags or glass containers. Zero Packaging Project! Not zero waste, where you can reuse and repurpose, but zero packaging from the get-go. As my conviction blossomed, I thought, ‘What will I have to give up? What compromises will I be forced to make? Can I buy oil, wine, vinegar, butter, milk, eggs and cheese with zero packaging? What things are still package free at most stores? Can I even shop at Trader Joes or Walgreens? Even Goodwill puts stickers and tags on everything... What about underwear? What about toiletries? What about toilet paper?!?! Oh my god, I’m actually going to do this!’

My lips curled up into a goofy smile. I love a challenge and this one was going to be amazing.

First step was to set down some basic rules. I wanted to stick pretty strictly to the zero packaging concept, but not become a jerk in the process.

1. Do not buy anything with packaging (box, shrink wrap, bag, container, sticker or tag.)
2. Use up, per normal, anything I already have that has packaging.
3. If someone gives offers me something with packaging, politely say no when possible.
4. If someone brings me a gift or item that has packaging, accept it graciously (meaning, if someone has gone out of their way to bring me a nice bottle of wine or a present, don’t be a jerk!) 
5. At someone else’s house, accept what is offered or politely decline when possible.
6. Bring my own take-out containers, to-go mug, water bottle, zip-lock baggies, totes, etc.
7. Laugh it off when I get it wrong (meaning, when my coffee comes in a plastic cup or I forget to ask for a real plate, just smile and say ‘darn it, foiled again!’ instead of ‘stupid, stupid, stupid’ while pounding my head on the table...)
8. Use bottles only if it is returnable to the company and will be refilled with their product. (This is a slight cheat, but allows me buy milk and honey, and to support local producers.)
9. Be non-judgmental. (This project is not meant to make me or anyone else feel bad.)
10. Have fun!

Next, I created a Facebook page, Zero Packaging Project, and invited people to “Like” it. Immediately, the project felt real. There is something about a public commitment that gives a project power and validity. It also makes it hard to back out when the going gets tough, and is an easy way to get participants, suggestions and support.

The first few challenges were easily solved by shopping at the Food Conspiracy Co-op. They have the best bulk section in town. On my first visit, I went up to the counter and they weighed containers. That day I bought cat food, tea, paprika, pasta, rice, granola, chocolate covered almonds, milk and cream. I also noticed that I could buy peanut butter, coffee, honey, soy sauce, oil using my own containers.

As I hefted my bags, I felt an internal weight lift. Thanks to the Co-op, my cat and I were not going to starve.

And that was just the beginning...

To read more, “like” Zero Packaging Project on Facebook https://facebook.com.ZeroPackaging
Non-GMO: Where Do Things Stand Now?

Melissa Diane Smith, local nutritionist and Going Against GMOs author

October is Non-GMO Month—the perfect time to increase your knowledge about what genetically modified organisms are, why many people are avoiding them, and how you can steer clear of them right now, even without mandatory labeling.

Consumers today are more thoughtful than ever about their diet and how it can be improved. Not surprisingly, genetically modified organisms (GMOs), which are created in a laboratory, don’t fit into the kinds of foods created as much as possible by nature that shoppers want.

Even though many Americans often lack understanding about GMOs or have some confusion about them, 97 percent of consumers are now aware of GMOs in foods—a much higher figure than in previous years—and 46 percent of American consumers in a recent survey say they avoid GMOs. Of those that are aware of GMOs, 57 percent say they understand what GMOs are and 32 percent say they know which products have GMO ingredients.

Consumers value transparency about the ingredients in foods, but new labeling standards set to go into effect in January 2020 are not expected to offer the clear, on-package labeling shoppers want. But even without mandatory labeling, don’t worry: by learning the right strategies, you can still maneuver around buying GMOs when you shop. Just follow this primer first to increase your knowledge about GMOs, then to learn four surefire ways to avoid them.

What are GMOs?

GMOs look like traditionally grown foods but they are very different on the inside. Engineers insert genes from one living thing into the DNA of an unrelated living thing to create a genetically modified organism (GMO) with different traits that would never occur in nature.

The two most common types of GM crops on the market are those that have been engineered to have a little bit of insecticide inside every bite and those that resist (and don’t die from) repeated applications of herbicides such as Roundup weed killer. Herbicide-resistant GM crops include corn, canola, cottonseed, soy, sugar beets, and alfalfa. Other newer types of genetic engineering have surfaced in recent years, including using “gene silencing” to alter potatoes and apples so they don’t brown when sliced.

Key Issues Associated with GMOs

Even without complete understanding of all the issues surrounding GMOs, shoppers generally have an aversion to GMOs because they are uncomfortable with the idea of something natural being changed into something that is unnatural. And, contrary to what many people think, the U.S. Food and Drug Administration (FDA) doesn’t conduct safety studies on GM foods; it leaves determining their safety up to the companies that make them. What’s more, animal research points to serious health risks from eating GM foods, including infertility, immune system problems, gastrointestinal problems, organ changes, and tumors.

A big focus of concern in recent years has been the herbicides used on GM foods. Glyphosate, the active ingredient in Roundup weed killer sprayed on the vast majority of GM foods, was declared a probable human carcinogen by the International Agency for the Research on Cancer in 2015. Human exposure to glyphosate has increased approximately 500 percent since the introduction of GMOs.

Continued on Page 9
Why People Avoid GMOs

In recent years, there has been a growing movement of people who avoid buying and eating GMOs. The number one reason people avoid GMOs is because they worry about GMOs impact on health, according to the Hartman Group’s Organic & Natural 2018 survey and report. Seventy percent of those who avoid GMOs say they do so because they are concerned about the consequences or risks to health from eating GMOs. Avoiding or limiting exposure to pesticides is another top reason to steer clear of GMOs.

Other reasons people give for avoiding GMOs include their wanting to know exactly what goes into the food they eat, being concerned about negative impacts on the environment and farm workers from GMOs and the pesticides that go with them, and not wanting to support companies that use GMOs.

One of the main takeaways from the 2018 report is that trust in food companies and transparency of the ingredients in food products are very important to consumers, according to the Hartman Group, which conducted the study.

4 Ways to Avoid GMOs

To avoid GMOs, just follow these guidelines:

1) **Buy Organic.** By law, products that have the USDA Organic seal cannot contain any GM ingredients.

2) **Look for Non-GMO Project Verified seals.** Products that carry the seal with the butterfly on it are independently verified to be in compliance with North America’s only third party standard for GMO avoidance, including testing of at-risk ingredients.

3) **Learn and avoid the at-risk crops and products.** GM crops that are now in our foods and should be avoided unless certified organic or labeled as non-GMO are:
   - Corn (corn oil, cornmeal, cornstarch, corn syrup, hominy, polenta, and other corn-based ingredients)
   - Canola (canola oil)
   - Cottonseed (cottonseed oil)
   - Sugar Beets (when you see “sugar” listed as an ingredient, it is almost certainly a combination of sugar from both sugarcane and GM sugar beets)
   - Soybeans (soybean oil, soy protein, soy lecithin, soy milk, tofu, and other soy-based ingredients)
   - Alfalfa (fed to livestock)
   - Apples
   - Papaya (from Hawaii and China)
   - Potatoes
   - Yellow Squash and Zucchini

Also avoid these two additional GM products that are added to foods:
   - Aspartame (in diet soft drinks and NutraSweet artificial sweetener)
   - rBGH (recombinant bovine growth hormone, also known as bovine somatotropin, or bST, which was developed from genetically engineered E. coli bacteria and is injected into some cows to increase milk production.) You can look for dairy products labeled rBGH-free, also known as BST-free, or better yet, buy certified organic dairy products.

4) **Avoid the indirect sources of GMOs.** Gradually upgrade the animal protein sources that you eat, switching from conventional meats and dairy products from animals or farmed fish fed GM feed to organic poultry, organic grass-fed meats, wild-caught fish, and pastured dairy products.

**Editor’s note:** For Non-GMO Month, we asked local nutritionist and Going Against GMOs author Melissa Diane Smith to provide a rundown on the latest on GMOs and how to shop non-GMO. The Food Conspiracy has a limited number of copies of Going Against GMOs, Melissa’s easy-to-understand, consumer-oriented book on the topic, on sale for the special discounted price of $15.99 while supplies last.

**Non-GMO Verified vs. USDA Organic: Do You Know the Difference?**

Products that carry the Non-GMO Project Verified label are independently verified to be in compliance with North America’s only third party standard for GMO avoidance, including testing of at-risk ingredients. They are verified to be free of GMOs but they still could have been sprayed with synthetic pesticides and grown with synthetic fertilizers.

In contrast, products that have the USDA Organic seal, by law, contain any GM ingredients. They also must be produced without irradiation, sewage sludge, antibiotics, and growth hormones, and without synthetic chemical fertilizers and pesticides, including glyphosate.

For the best protection against GMOs, choose products with both the USDA Organic label and the Non-GMO Project Verified label—or avoid foods made with, or derived from, GM ingredients, such as corn, canola, cottonseed, soy, and sugar from sugar beets. Opt instead for foods that have not been genetically modified, such as nuts, most vegetables, and most fruits.

---


continued on page 14
Why save seeds?
The reasons for saving seeds are as diverse as the seeds themselves.
- Seed saving is food security; helping to preserve the genetic biodiversity of our food crops by encouraging the planting of varieties (often heirlooms) that are not favored by commercial growers.
- Seed saving is culture; helping us preserve and share the foodways & stories of the communities who have passed down the seeds.
- Seed saving is community; encouraging us to share its bounty. Seed saving is resiliency; helping us create seed stock that is better adapted to our unique climate.

One Seed Pima County is a program of Pima County Public Library’s Seed Library. It provides each of us in our community an opportunity to share the experience of planting, growing, harvesting, and appreciating one specially chosen plant variety. At harvest time, gardeners are encouraged to drop off a small portion of their gathered seeds to become one with the bounty of other community members: to become One Seed Pima County. All seeds will be repurposed back into the Seed Library for future plantings.

This year, the Seed Library is celebrating the Kala Chana Garbanzo Bean. They are a super food, high in protein and fiber, containing high daily doses of manganese and folate. Garbanzo beans are a “slow carb” meaning they help control blood sugar levels. Unlike the traditional garbanzo bean, this variety is brown. We have sourced them from Terroir Seeds in Chino Valley, Arizona. Garbanzo beans are cultivated by many diverse cultures such as our Afghan, Hispanic, Indian, Kurdish, Nepalese and Syrian neighbors.

Are the garbanzo bean and chickpea the same? Yes. According to Bon Appétit magazine, the name garbanzo was originally derived from a Basque word and then appropriated by the Spanish. The Latin word, “cicer” where the famous Roman orator Cicero got his name (since his family grew chickpeas) became “pois chiche” in French, which then morphed into “chich-pease” when it crossed the English Channel. No matter which name you use, garbanzo beans are one of the earliest cultivated legumes.

Garbanzo beans are a cool season crop in the Sonoran Desert where we have an occasional frost. We can sow them September through November. Beans mature in about 100 days, which would mean our harvest is in January for plants sown in September. Do cover them if there is a deep freeze.

Like most legumes, garbanzo beans like amended soil. Terroir Seeds tells us to “direct sow seed,” deep, spacing 12-18” apart. Seeds germinate in about 10 days when temperatures are 70-85 degrees Fahrenheit. Plant in full sun. Plants are drought tolerant. The leaves and stems of the plants have hairs that exude malic acid. Be careful if you have sensitive skin while working with this plant. Withhold water after seeds have set to harvest chickpeas when fully dried.” Legumes are great nitrogen fixers and are used to repair and replenish soil fertility. Perfectly yummy foods can be made with garbanzo beans. Do you enjoy hummus? Wikipedia tells us that hummus comes from the Arabic word meaning “chickpeas.” Since we will harvest in January, here’s a vegan recipe for Garbanzo Bean White Chili courtesy of Veggie Inspired.

Various libraries will have One Seed programming throughout the Fall. Please visit library.pima.gov and check our events calendar for details, or call Infoline at (520) 791-4010.
Garbanzo Bean White Chili
Source: veggieinspired.com/chickpea-white-chili

Serves: 6 Calories: 188 kcal, Author: Jenn S.

Ingredients:
1 onion, diced
2 garlic cloves, minced
1 jalapeño, diced
3 cups cooked garbanzo beans
1 can cannellini beans or creamy white bean of choice (rinsed and drained) (or 1.5 cups cooked)
1 can diced green chiles
1 1/2 tsp cumin
1 tsp dried thyme
1/4 tsp black pepper (or white if you prefer white pepper)
1/2 tsp salt
1 tsp oregano
1 tsp smoked paprika
1 tsp chili powder
3 - 4 cups vegetable stock (depending on thick or thin you like your chili)
1 cup corn kernels (fresh, canned, frozen - doesn't matter)

Toppings:
diced avocado
cilantro
sliced jalapeño
dollop of sour cream
tortilla chips

Instructions:
Sauté the onion, garlic and jalapeño over medium heat in soup pot on the stove for 5-7 minutes. Add the beans, diced green chiles and all the spices and mix well. Add the broth, stir, and simmer for 20-30 minutes. Add the corn and simmer another 2-3 minutes. Serve hot with your favorite toppings.

Please remember that Library cardholders can check out up to 10 packets of seeds per month at Pima County Public Library. If your nearby location doesn’t have garbanzo beans on hand, you are welcome to ask at the desk or place a hold on seeds through the Library’s online catalog! We look forward to sharing our community’s bounty in the New Year. Happy planting!

20 minute Caesar Salad with Roasted Chickpeas
Source: simplerootswellness.com/20-minute-caesar-salad-with-roasted-chickpeas/

Serves: 4 Author: Alexa Schirm

Ingredients:
2 (15 ounce) cans chickpeas, rinsed
2 Tbsp olive oil
2 Tbsp cumin
1 tsp garlic powder
2 Tbsp paprika
2 tsp ginger
2 tsp cardamon
4 cups chopped kale
4 cups chopped romaine

Dressing:
2 tsp Dijon mustard
2 Tbsp red wine vinegar
1 tsp Worcestershire sauce
2 Tbsp minced garlic
1/4 cup olive oil
3-4 Tbsp Coconut Cream (Coconut milk, Yogurt, Mayonnaise, Sour Cream)
2 Tbsp water (optional, depending on desired thickness)
Salt & pepper, to taste

Additional Toppings:
Tomatoes
Avocados
Grilled protein (chicken, shrimp, steak)
Parmesan Crisps

Instructions:
1. Preheat oven to 375 degrees.
2. Drain and rinse chickpeas and place in a large bowl.
3. Add spices to a small bowl and mix well.
4. Add olive oil to chickpeas and toss to coat. Sprinkle with seasoning and stir.
5. Place on a baking sheet and roast for 20 minutes stirring once.
6. Meanwhile, chop kale and romaine.
7. Make dressing by adding all ingredients to a blender and blending until incorporated. Add water if too thick.
8. Add dressing to chopped salad and mix well. Top with chickpeas and additional toppings.
9. Enjoy!

Sources:
Dr. Axe Food is Medicine: https://draxe.com/chickpeas-nutrition/
Edible Baja Arizona, September 8, 2014: http://ediblebajaarizona.com/garden-crop-garbanzo
Terroir Seeds: https://underwoodgardens.com/
Veggie Inspired: https://www.veggieinspired.com/chickpea-white-chili/
An Antigone Books Review: 
Braiding the Self with the Collective

Harmony Hazard, Antigone Books

This past summer, I attended the annual Bloom Night at Tohono Chul park which is when the night-blooming cereus blooms for a single night. The blooms are explosions of white, sometimes blushed with pink or yellow and with a smell that leaves you humbled and breathless. These otherwise stick-like cacti bloom en masse because they can’t self-pollinate, but instead require nocturnal pollinators such as the hawk moth to flit and flutter from one bloom to another in order to propagate. Once the buds reach a certain size, they wait for the others to catch up. How do they know when it’s time to bloom? Nobody knows. Maybe it’s the temperature, the humidity, the rain, the timing of the moon. But somehow the cereus know how to work together.

For years, I kept an Anais Nin quote as my e-mail signature: “I’m putting back into the self the responsibility for the collective life.” As October is Co-op Month, I’m thinking about cooperation, collaboration, compromise, mutuality, symbiosis. How do we make choices that consider both the individual and the collective? How do we understand that the needs of the individual and the collective are not in conflict, not a binary, but instead woven together? How do we create a more cooperative culture?

In her book, Emergent Strategy: Shaping Change, Changing Worlds, adrienne maree brown writes, “We understand that the strength of our movement is in the strength of our relationships, which can only be measured by their depth.” Emergent Strategy intersects ideas from Taoism, permaculture, science fiction, and Black Lives Matter to illuminate how important collaborative relationships, transformative justice, decentralization, deep listening, intentional adaptation, and radical honesty are to organizing for social justice.

The other way to ponder the Anais Nin quote is to flip it: to think about putting the responsibility for the self back into the collective life. In her book Sustaining Spirit: Self-Care for Social Justice, local writer and organizer Naomi Ortiz writes, “Self-care is in itself an act of social change that is urgently needed as a foundation for everything else we hope to create.” Ortiz makes clear that the skills necessary for self-care are those that will also support us in our political work: to notice needs, to develop intentions, to remember ancestors, to create spaciousness around decisions, to make requests and also to accept no as an answer, to listen to our bodies. Ortiz shows how this powerful work is both spiritual and political.

Brown and Ortiz both find inspiration in nature, along with Robin Wall Kimmerer whose book Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants utilizes ecological lessons as a way to envision more reciprocity between humans and the earth, and perhaps humans and each other.

To stand in front of a plant blooming for only one night, that has co-evolved with other plants as well as other species, is a reminder that our power is only increased when working together. Adrienne maree brown asks, “what are we as humans, what is our function in the universe?” She is thinking about the niches we fill, the gifts we provide to one another in the interdependent relationships we are part of. And then she answers, “Perhaps humans’ core function is love.” I can’t think of anything else I’d rather be used for.
Call or visit the store to place your special order (min. 48 hours advance)

1. Owners receive 20% off; non-owners receive 10% off the regular price*
2. Grocery items by the case, wellness items minimum three each

*excludes sale items

10% off purchases of $25 or more for Co-op owners

Maximum discount 10%. Does not include special orders, gift cards, or classes.

GET WHAT YOU LOVE
GET WHAT YOU WANT
GET IT IN VOLUME
GET WHAT WE DON’T CARRY
Special Orders are EASY!

MRS. GREEN’S WORLD™

DISRUPTORS FOR GOOD
Doing Good Things for the Planet

WEEKLY PODCASTS | COMMUNITY EVENTS | PUBLIC SPEAKING | BLOGS
LISTEN at MrsGreensWorld.com AND CONNECT @mrsgreensworld
Apples Anytime
from StrongerTogether.coop

At the Co-op, you’ll find apple varieties that boast wide-ranging flavor profiles (see the table on following page), from the oh-so tart to satisfyingly sweet. Some are ideal in a lunchbox, like Galas and Fujis, while others shine in baked goods like Granny Smith and Pink Lady. Explore an array of possibilities for savoring this versatile fall favorite at every meal with these recipes. You’ll quickly discover that “an apple a day” isn’t nearly enough!

Whether breakfast, lunch or dinner—or anytime in between—there are endless ways to enjoy apples all day. Visit StrongerTogether.coop to find more delectable apple recipes.

Gingered Beet & Apple Salad
Servings: 6. Prep time: 30 minutes.

1 pound beets, peeled
1 apple (about ½ pound)
½ pound carrots, peeled
½ cup fresh parsley, minced
2 tablespoons apple cider
2 tablespoons apple cider vinegar
1 tablespoon fresh ginger, minced
2 tablespoons olive oil
Salt and pepper to taste

1. Using the shredding blade of a food processor or a grater, shred the beets, apple and carrots. Mix well with the remaining ingredients. Season with salt and pepper. Serve immediately or refrigerate to let the flavors blend.

Cinnamon Apple Coffee Cake
Servings: 8. Prep time: 55 minutes; 15 minutes active.

½ cup whole wheat flour
½ cup all-purpose flour
1 cup rolled oats
½ teaspoon baking soda
½ teaspoon salt
¼ teaspoon allspice
1 ½ teaspoons cinnamon
1 cup sugar
½ cup vegetable oil or melted coconut oil
1 egg, beaten
½ cup milk
1 teaspoon vanilla
1 cup diced apple
½ cup dried cranberries

1. Heat the oven to 350° F. Butter or oil an 8 x 8 inch pan.
2. In a large mixing bowl, whisk together the flours, oats, baking soda, salt, spices and sugar. Stir in the remaining ingredients until just combined. The batter will be very thick. Spread the batter evenly into the pan. Bake for 35 to 40 minutes or until a toothpick stuck in the middle comes out clean. Let cool before slicing.

---

6 Roseboro, Ken Op cit.
7 Ibid.
Butternut Apple Bisque
Servings: 6. Prep time: 45 minutes.

1 medium onion, diced
1 tablespoon butter or vegetable oil
1 tablespoon curry powder (or more, to taste)
1 butternut squash, about 1 1⁄2 pounds, seeded, peeled and cubed
1 Granny Smith apple, cored, peeled and cubed
5 cups low-sodium vegetable stock
Sea salt to taste

1. In a 4-quart pot, heat the butter or oil and sauté the onion over medium heat until soft, about 5 minutes.
2. Add curry powder and sauté 3 more minutes, being careful not to burn.
3. Add squash, apple and vegetable stock to the pot and bring to a boil.
4. Reduce to a simmer, cover and cook 20 to 30 minutes, or until the squash is tender.
5. Puree the soup in a food processor or blender and salt to taste.

Tip: For some extra spice, add 1 tablespoon ginger, peeled and chopped, to the pan at the same time as the onions, or add chopped candied ginger as a garnish before serving.

Apple Raspberry “Nachos”

1 cup frozen or fresh raspberries
1 tablespoon maple syrup
½ cup chocolate chips
2 large Honeycrisp apples, halved, cored and sliced thin
¼ cup pecans, chopped
2 tablespoons shredded coconut
2 tablespoons plain or vanilla yogurt

1. In a small pot, simmer the raspberries and maple syrup for 5 to 10 minutes, stirring frequently. Remove the raspberry sauce from the heat and pour into a small container through a fine mesh strainer to remove the seeds. Set aside the finished sauce.
2. Melt the chocolate chips either in a double boiler or by microwaving for about 3 minutes on low, in a microwave-safe bowl.
3. To build the nachos, spread out or overlap the apple slices on a platter or large plate. Lightly drizzle the apple slices with the melted chocolate and raspberry sauce, sprinkle pecans and coconut over the top, and serve with yogurt as a dipping sauce.

This reference is an approximation of apple variety availability at the Co-op as provided by produce staff.

<table>
<thead>
<tr>
<th>VARIETY</th>
<th>SEPT</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
<th>JAN</th>
<th>TASTING NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>GALA (I,*)</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>sweet, fine textured and aromatic. especially suited for sauces</td>
</tr>
<tr>
<td>GINGER GOLD (I)</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>retain a nice sweetness and sharp mild flavor with tart finish</td>
</tr>
<tr>
<td>GRANNY SMITH (I,*)</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>crisp juicy fresh, balanced flavor, popular cooking apple</td>
</tr>
<tr>
<td>RED DELICIOUS (I, *)</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>starchy, sweet with a very mild flavor. combine with tarter apples</td>
</tr>
<tr>
<td>AMBROSIA (I)</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td>firm, flesh, sweet, low acid, pear-like flavor</td>
</tr>
<tr>
<td>FUJI (*)</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>crisp, juicy sweet flesh simple flavor profile. pairs with cheese</td>
</tr>
<tr>
<td>PINK LADY (I,*)</td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>tart taste with sweet finish, sharp, juicy &amp; crisp, aromatic &amp; flavorful</td>
</tr>
<tr>
<td>SUNDOWNER (I)</td>
<td></td>
<td></td>
<td></td>
<td>X</td>
<td>X</td>
<td>robust flavor more delicate than Pink Lady, sweet but balanced by some tartness</td>
</tr>
</tbody>
</table>

l = local *= organic
This Thanksgiving and holiday season, Food Conspiracy will be offering turkey options for your festivities. Both Certified Organic and Natural turkeys will be available for purchase at the Co-op beginning the second week of November. Available on a first come, first served basis. No special orders or pre-orders for turkeys. See below to learn about our turkey sourcing. Pricing will be available in early November. Please call or visit the store the second week of November.

**Natural Turkeys from Ferndale Market from Cannon Falls, Minnesota**
- Free Range: outdoors all summer
- Raised Without Antibiotics: “Never-Ever” program
- Naturally-processed: No added water, sodium, basting solution
- All claims are USDA-approved and verified
- Includes giblets and neck
- Limited number of whole smoked and bone-in turkey breasts
- Sizes 10-22 lbs available in 2 pound increments

**Certified Organic Turkeys from Organic Prairie**
Independent Cooperative of family farms
- Certified organic turkeys roam freely, with unlimited access to fresh air and sunshine.
- Fed 100% certified organic feed
- Raised according to the strictest organic production and humane treatment standards, by family farmers who are serious about the health of the land, the animals, and you.
- 100% certified organic vegetarian fed
- Large whole birds 10 - 14 lbs
- Small whole birds 14 - 18 lbs

---

Food Conspiracy Holiday Hours:
**Closing at 8pm**
December 6th - 9th for Street Fair
Christmas Eve and New Year’s Eve
**CLOSED:**
Thanksgiving Thursday, November 22
Christmas Day Tuesday, December 25
New Year’s Day Tuesday, January 1

Happy Holidays
Turkey Roasting Tips

• Remove the giblets from turkey cavities after thawing. Cook separately.

• Set oven temperature no lower than 325° F.

• Place turkey or turkey breast on lower rack in a shallow roasting pan.

• For even cooking, bake stuffing in a separate casserole dish, versus in the bird. Use a food thermometer to check the internal temperature of the stuffing. The center should reach 165° F.

• If you choose to stuff your turkey, the ingredients can be prepared ahead of time. Separate wet and dry ingredients, and chill wet ingredients (butter/margarine, cooked celery and onions, broth, etc.) until ready to prepare. Mix wet and dry ingredients together just before filling the turkey cavities. Fill the cavities loosely. Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches 165° F.

• Whole turkeys should be cooked to 165° F. To check for doneness, insert a food thermometer in the thickest part of the inner thigh without touching the bone.

• Turkey breasts should be cooked to 165° F. Insert a food thermometer in the thickest part of the breast to check for doneness.

• Let the turkey stand for 20 minutes before carving to allow juices to set. The turkey will carve more easily.

Turkey Roasting Timetable

<table>
<thead>
<tr>
<th>Unstuffed</th>
<th>Stuffed</th>
</tr>
</thead>
<tbody>
<tr>
<td>LBS</td>
<td>HOURS</td>
</tr>
<tr>
<td>4–8</td>
<td>1.5–2.75</td>
</tr>
<tr>
<td>8–12</td>
<td>2.75–3</td>
</tr>
<tr>
<td>12–14</td>
<td>3–3.75</td>
</tr>
<tr>
<td>14–18</td>
<td>3.75–4.25</td>
</tr>
<tr>
<td>18–20</td>
<td>4.25–4.5</td>
</tr>
<tr>
<td>20–24</td>
<td>4.25–5</td>
</tr>
</tbody>
</table>

USDA Meat and Poultry Hotline
1-888-MPHotline (1-888-674-6854)
TTY: 1-800-256-7072
10am to 4pm EST, Monday - Friday
Email: mphotline.fsis@usda.gov

TO THAW TURKEY IN THE REFRIGERATOR:

Keep the turkey wrapped and place it in a pan. Let it stand in the refrigerator roughly 24 hours for each 5 pounds. Large turkeys should stand in refrigerator a maximum of 5 days. The giblets and neck, which are customarily packed in the neck and body cavities of frozen turkeys, may be removed from the bird near the end of the thawing period. If desired, the giblets and neck may be refrigerated and reserved for use in giblet gravy.

TO THAW TURKEY IN COLD WATER:

Make certain that the turkey is in a leak-proof package or a zipper-seal plastic bag. This prevents bacteria in the surrounding environment from being introduced into the food, and prevents the poultry tissues from absorbing water. Change the cold water every 30 minutes. Approximately 30 minutes per pound of turkey are required for thawing. After thawing in cold water, the turkey should be cooked immediately.

Cranberry Pecan Skillet Stuffing

Source: StrongerTogether.coop

This delightful stuffing is delicious for any Thanksgiving meal. Serve it with tofu steak and mushroom gravy for vegans.

Total Time: 1 hour; 20 minutes active
Servings: 6

Ingredients
4 to 5 cups vegan multigrain bread, cut in 1/2- to 1-inch cubes and toasted
2 tablespoons olive oil
2 garlic cloves, peeled and minced
2 cups onion, diced
1/2 cup carrots, diced
3/4 cup celery, diced
1/4 cup green bell pepper, diced
1 cup button mushrooms, sliced
1 teaspoon dried sage
1 teaspoon dried rosemary
1 teaspoon dried thyme
1/2 cups vegetable broth
1 1/2 cups dried cranberries
1/3 cup pecans, chopped
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Preparation
Preheat oven to 375°F.
Heat 2 tablespoons olive oil in a large iron skillet over medium-high heat and sauté the garlic, onion, carrots, celery, and green pepper for 5 minutes. Add the mushrooms and dried herbs and continue to cook for a few more minutes until mushrooms are tender. Stir in the vegetable broth, cranberries, pecans, salt, pepper, and toasted bread cubes. Cover with aluminum foil and bake for about 30 minutes, then uncover and bake another 5-10 minutes. Let the stuffing sit for 15 minutes before serving.

Serving Suggestion
Add a pan-fried tofu steak and mushroom gravy to this vegan stuffing for your favorite vegetarian Thanksgiving guest.

Nutritional Information
302 calories, 12 g. fat, 0 mg. cholesterol, 543 mg. sodium, 42 g. carbohydrate, 7 g. fiber, 10 g. protein
Ramona Farms is a Native American owned farm, located near Sacaton, Arizona, on the Gila River Indian Reservation. “What started as a 10 acre family farm 65+ years ago, is now a swath of 4,500 acres of traditional, historic harvests. In the late 1970s,” Ramona Button was tasked by community elders to save the Bafv (AKA the Tepary Bean, the world’s most drought tolerant domesticated bean) and it’s because of this you can find this traditional 4,000 year old bean nearly worldwide!” According to the Ramona Farms website, tepary beans were found in the Casa Grande Ruins, in a prehistoric Huhukam structure in Coolidge, AZ. We are grateful to Ramona Farms for cultivating these beans so that we may enjoy them today!

Every month Food Conspiracy features a different local product and producer. We spotlight it in the store where you can find it on sale. This October we are highlighting native American owned farm, Ramona Farms. Savor a collection of recipes from the farm here or pick up a copy at the Co-op so that you can try these traditional foods at home. These desert inspired ingredients are the makings for great fall and winter dishes like soups, stews and slow cooked pots to steam up your kitchen with the coming of the cooler weather. Enjoy!

Ramona’s “Traditional” Poshol Recipe

Ingredients:
- 1 - 2 lbs. Ramona Farms S-oam Bavi (brown tepary beans) cleaned and rinsed
- 1/4 cup Ramona Farms Kavk Pilkan (durum wheat berries)
- 1/8 cup Ramona Farms Huun Ga’i (dried roasted sweet corn) or white corn (optional)
- 1/4 onion (quartered or diced)
- clove of garlic (optional)
- 1 pinch of cumin
- 1 whole teaspoon dried chile pepper
- 1/8 lb of bacon fried and crumbled (optional)

Preparation:
Sort and rinse beans. Add 2 quarts of water. Bring all ingredients to a rapid boil for 30 minutes. Reduce heat, cover and simmer for 6 - 10 hours (or until tender) They are done when you smell them!

Pinole “Apple Pie in a Glass”

4 oz. your favorite apple cider (warm or cold)
4 oz. cold water
1 tsp. Blue Agave Nectar (if need additional sweetening)
3 heaping Tbsp. Ramona Farms Corn or Wheat Pinole. Mix juice, water and agave nectar in a 12 oz. glass. Add Pinole and stir vigorously. Drink and enjoy! Stir between sips, as Pinole will settle to bottom.

“True Grits the O’odham Way”

4 cups of water to 1 cup of parched pima corn grits. Bring to a rapid boil, stirring frequently. Reduce heat to low, cover and simmer until tender (15 minutes). Remove from heat and let stand (covered) for 5 minutes. Add salt, pepper, butter to taste. Great with chiltepin or crushed red chile.

Crispy Roasted Garbanzos

Servings: 2 (as snack) Prep Time: 5
Cook Time: 30

Ingredients:
- 2 cups cooked garbanzo beans
- 1 1/2 tablespoons olive oil
- Salt
- Spice blend of your choice

Preparation:
1. Preheat oven to 400F.
2. Drain the cooked garbanzo beans in a strainer and rinse with water for a few seconds to clean off the beans. Shake and tap the strainer to rid of excess water. Lay paper towel on a baking sheet, and spread the beans over. Use another paper towel to gently press and absorb the water on the beans. Roll the beans around with the paper towel to also remove the thin skin from any of the beans. Discard the skins and the paper towels.

see other Garbanzo bean recipes page 11
EVERYONE can shop, anyone can join.

10% off all wines
OCT 31 - NOV 13
buy any six bottles and get an additional 10% off

10% off for everyone
DEC 5
10% off purchases of $25 and more. Stock up before street fair!
Maximum discount 10%. Does not include special orders, gift cards and classes.

10% off select local gifts
DEC 6 - 31

10% off select bulk reusable packaging
DEC 12 - 18

Become an Owner during our Annual Membership Drive.
Join the Co-op October 14-31, get a Co-op tshirt, get 10% off your future shopping trip & more!
THANKSGIVING SALE

The more you shop, the more you save!

Saturday, November 17
all Food Conspiracy Owners receive
up to 20% off
10% off 0-$74.99,
15% off $75-$149.99 and
20% off of $150 & more

Maximum discount 20%.
Does not include special orders, gift cards and classes.