

the bean.



BUYING LOCAL: THE DC LEADS THE WAY
WHAT'S NEW IN THE STORES, AT THE FARM & IN THE KITCHEN

WE'RE DIFFERENT.

*we are a food cooperative
joining together for a better world*

**COMMUNITY-OWNED
PASSIONATE ABOUT THE**

health of our planet, our families + each other

AUTHENTICALLY LOCAL

*co-ops are a better way
of doing business.*

**WE WORK FOR ACCESS
TO HEALTHY FOOD, THE ENVIRONMENT
SUSTAINABLE AGRICULTURE, SOCIAL +
ECONOMIC JUSTICE.....PEOPLE FIRST.**

everyone is welcome here.

a homegrown revolution * www.lamontanita.coop



SEVEN COOPERATIVE PRINCIPLES: As a cooperative, we strive to uphold the seven Co-op principles in all that we do:
Voluntary and open membership • Democratic member control • Member economic participation • Autonomy and independence
Education, training and information • Cooperation among cooperatives • Concern for community

the bean:

BASICS TO BIG IDEAS
from La Montañita Co-op Food Market
VOLUME 1/ NUMBER 1

EDITOR & CREATIVE DIRECTOR
Karolyn Winge

MARKETING &
COMMUNITY DIRECTOR
Lea Quale

GRAPHIC DESIGNER
Mary Lambert

DIGITAL COMMUNICATIONS
COORDINATOR
JR Riegel

SOCIAL MEDIA & MARKETING
COORDINATOR/STAFF PHOTOGRAPHER
Jonathan Loth

COMMUNITY
DEVELOPMENT SPECIALIST
Monique Salhab

MEMBERSHIP
ENGAGEMENT SPECIALIST
Kelly Cravens

CONTRIBUTORS
Chad Jones • Jessica Swan
Joe Phy • Toby Massey
James Esqueda • Benjamin Bartley
Katherine Talavera • Jennifer Knapp
Rhian Batson • Dr. Lori Eanes
Rae Sikora • Cathy Carrillo

For submissions and advertising
email or call:
thebean@lamontanita.coop,
505.217.2027

ON THE COVER
The DC Team (l to r): Evangelina Anaya,
Dave Payne, Valerie Smith, Gabe Varela,
Django Keegan and James Esqueda
showcase local Akin Farms pinto beans.
Team Photo by Jonathan Loth,
Staff Photographer/ La Montañita Co-op

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LOCAL. ORGANIC. EXCEPTIONAL FOOD.

EDITOR'S NOTE:

Welcome to the Spring Issue of La Montañita Co-op Food Market's *the bean*!

We are excited to bring you this new quarterly publication filled with informative articles and photos touching on a wide variety of community information, letters from our Board of Directors & Senior Leadership, store news, Spotlights on member-owners and La Montañita's Chefs, recipes and columns from leading figures in the fields most connected to the cooperative experience.

We hope you enjoy this inaugural issue that features the latest *What's New* from our stores, an update on our *Distribution Center's* \$500,000 USDA Grant and topics impacting our local community – like *the Poor People's Campaign* – and much, much more.

So sit back, relax and spend some time with your La Montañita Co-op Food Market friends & family.

All our best,
Karolyn Winge
Editor/creative director of *the bean*, Director of intense chroma creative

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La Montañita Co-op Food Market publishes its quarterly publication, *the bean*, to provide information not only about our six store locations, Distribution Center, team members, beliefs in access to healthy, organic/natural products, but also to provide information on how our cooperative has made a difference in the lives of those in our New Mexico community.



FROM OUR SUPPORT OFFICER & RETAIL OFFICER

FROM OUR COSO *Joe Phy*



Greetings,
My name is Joe Phy, and I'm the Cooperative Operations and Support Officer for La Montañita Co-op.

What does that mean? Well in 2017, our Board of Directors dispensed with the General Manager position and adopted a dual-leadership model at our cooperative: a Support Officer and a Retail Officer. I am the Support Officer, leading our Support Team departments, which include Marketing and Community, Finance, Human Resources, Scanning and Promotions, Information Technology and our Distribution Center. I'm proud to serve alongside Toby Massey, our Retail Officer.

It has been incredibly rewarding working with our department directors. We have so much passion directed toward supporting our teams in the store, our members and guests!

My grocery career began 17 years ago in Austin, Texas, at an independent, natural food chain called Sun Harvest Farms, which was eventually bought out by Wild Oats. A few years later, I married my wife Jenny and our daughter Lenore was born. We fell in love with New Mexico on a trip to visit my parents, and I started to explore re-location in Albuquerque. On an excursion to survey job opportunities, I found La Montañita Co-op.

For the record, there's nothing I'd rather do than assist an organization that provides so much benefit to our community.

As I learned more about the cooperative economic model and cooperative principles, the realization hit that this type of operation was more suited to my values. Subsequently, I rebooted my career as a grocery clerk at the La Montañita Co-op on Rio Grande. For the last twelve years, I have been

fortunate enough to serve in many capacities, most recently as a Store Team Leader.

Aside from passion and interest related to cooperatives, healthy food and the local food movement (currently I'm serving on the Board of the New Mexico Farmers' Marketing Association), I'm also an avid music lover and record collector. In 2015, my wife and I started a mobile record shop called Hi-Phy Records, which is no longer mobile and now located at Spur Line Supply Co., north of Old Town in Albuquerque.

In a nutshell, that's my story. For the record, there's nothing I'd rather do than assist an organization that provides so much benefit to our community. Sometimes retail life and entrepreneurship can leave your head spinning, but it's a way to earn bread — I also like puns.

My door is always open, and I'd love to hear from you on how we can better serve in our retail stores and community.

Email Joe at josephp@lamontanita.coop

FROM OUR CRO *Toby Massey*



Well hello there!
I'm Toby Massey, and I started as the Cooperative Retail Officer (CRO, we pronounce it crow) in December 2017. I moved here from Northern coastal

California. My better half, Kris, my basset hound, Gus, and myself wrapped up 24 years on the Pacific coast for this new adventure with La Montañita Co-op and New Mexico.

I come to work every day with a deep sense of gratitude and excitement about where I am and what I am privileged to get to do here. Like Joe Phy said in his letter, the Co-op split the General Manager position into two parts. Joe leads the Support Teams, and I work with the Retail Teams. This is a pretty unique structure in the cooperative world, and so far it's working out quite well.

Over the last year, La Montañita was led by Rob Dixon (COSO) and Will Prokopiak

(CRO). They, along with the entire team, took our Co-op from a negative earnings position, deep cultural challenges and significant operational hurdles to the place we are today — positive sales, income and culture and community involvement. The last year deserves a round of applause! If you stop by the Santa Fe store, say hi to Will and shake his hand in appreciation. If you're lucky enough to catch Rob in the Support Office or out in the field, do the same.

I hit the lottery with my co-manager, Joe. I'll admit I was a bit concerned about this new model of leadership as I was learning about La Montañita. Who would the other person be? What kind of experience would they have? Would they like dogs? Joe's lifetime of natural foods work and West Texas kindness and grace are a blessing. He's also a brilliant math guy, moves darn fast on his mental feet, and he likes dogs.

I've been working in grocery stores since I was 21 years old. I started as a bag boy and held a range of positions up to Store Manager with Safeway. But, my greatest job satisfaction came as a teacher at Safeway's

I come to work everyday with a deep sense of gratitude and excitement about where I am and what I am privileged to get to do here.

training center. I facilitated leadership learning sessions for new and existing managers and taught diversity, harassment prevention classes.

However, as my values and lifestyle began to change, I found it very difficult to find food in my own store that I wanted for me or my family. I questioned where the food we consumed was coming from, how it was raised, grown or made. That was the start of my own gardening/ poultry farming. Nine Lives Farm was my organically raised, pastured poultry farm in Loleta, CA. Also during that time, an opportunity to be Store Manager at our local co-op popped up, and I never looked back.

So here I am! Please reach out to me with anything that I can do for you. I'll see you in the stores!

Email Toby at toby.massey@lamontanita.coop

6 Ways to Grow Our Co-op Potential

By CHAD JONES, Board President & JESSICA SWAN, Board Vice President

Springtime is the season for us to cultivate new relationships and compose new designs for our gardens and our lives. This is true for our homes, schools and communities. It is true, yet tricky, for us as a cooperative of 16,000 members.

Cooperatives keep our communities alive. Concern for community and the sharing of information strengthens our local sustainable foodshed. Cooperatives seek to better their environments and local community. Cooperatives place values on the quality of life for all. We do this, because we believe every person deserves access to

affordable, nutrient-dense, sustainably-grown food and wellness products. Cooperatives have the power to enable all to live more independently and frugally without compromising basic comfort. Cooperatives encourage less hidden dependencies in the supply chain. Cooperatives encourage community capital through farmer development and nutrition and food education workshops.

Here are six ways that we can grow our cooperative potential that strengthens La Montañita and our communities:

| | | | | | |
|--|--|---|---|--|--|
| <p>1 Conduct outreach & education in schools, community organizations, senior centers, etc. We have vast wisdom & experience within the Co-op among member-owners, employees and producers.</p> | <p>2 Organize farm tours of sustainable farms within our foodshed every month. Offer interpreters at events to expand into our diverse community.</p> | <p>3 Reduce our environmental footprint by encouraging bulk item purchasing in all departments. Reduce the environmental footprint on our shelves and convert to renewable and efficient energy.</p> | <p>4 Encourage our community to be mindful of the waste we create by encouraging re-useable bags and containers. We can also use boxes for packing like the Santa Fe store encourages.</p> | <p>5 Start a composting program (for scraps and compostable packing) and a food-waste delivery program at each location. <i>(Some of this is already happening; see the story on page 8.)</i></p> | <p>6 Create member-led workshops, forums and discussions in stores and elsewhere in our communities on issues as far-reaching as water, sustainability, quick meals and new ways of preparing vegetables.</p> |
|--|--|---|---|--|--|

--- BOARD MEETINGS ---

BOARD OF DIRECTORS MEETINGS
THIRD TUESDAY OF EACH MONTH AT 5:45 PM
April in Santa Fe • May in ABQ • June in ABQ

Video conferencing is available at both locations:
LA MONTAÑITA CO-OP SUPPORT OFFICE CONFERENCE ROOM
901 Menaul Blvd. NE, Albuquerque, NM 87107

LA MONTAÑITA CO-OP SANTA FE COMMUNITY ROOM
913 West Alameda Street, Santa Fe, NM 87501

Visit lamontanita.coop/events
to see which location is live for each monthly meeting

----- JOIN THE CONVERSATION -----

Reduce our environmental footprint by encouraging bulk item purchasing in all departments. Reduce the environmental footprint on our shelves and convert to renewable and efficient energy.

We have a size and scale to be a tremendous hub of and contributor to New Mexico's many industries and local food systems. We cannot wait for others to do for us what we are immensely capable of doing ourselves.

WE ARE CREATING A LIST OF 50 WAYS TO BE COOPERATIVE.
We would love to hear your ideas by emailing us at: talkwiththeboard@lamontanita.coop.

2018 Board of Directors *to connect with the Board, email: talkwiththeboard@lamontanita.coop*

La Montañita Co-op's Board of Directors is made up of nine member-owners elected in our annual Board Elections every November. The Board steers and provides long-term vision for our cooperative and they work with our Cooperative Retail Officer and our Cooperative Operations & Support Officer to ensure that the organization is aligned with the needs and wishes of our stakeholders.

| | | | | | | | | |
|-------------|-------------|---------------|---------------------------|------------------------------|-------------|-------------------------|--------------|--------------------------------|
| | | | | | | | | |
| JERRY ANAYA | DAVID BACON | ARNOLD FARLEY | JAMES GLOVER Treasurer | MIKE HILDEBRAND Secretary | MARISSA JOE | CHAD JONES President | SUSAN MICHIE | JESSICA SWAN Vice President |

what's new **LATEST ARRIVALS & STAFF PICKS**



ANNE VALENTINO
 Santa Fe, Front End
 Asst Dept Team Leader
HALVAH HEAVEN Halvah
 Gluten-free/ Vegan/ Nut-free/
 Organic sweeteners
 "It's unlike any Halvah I have
 ever tried before! I love how
 it is offered in tiny sizes and
 unique flavors!"

TRAVIS KRIEGEL
 Rio Grande, Asst Team Leader
VERDE Cold Pressed Juice
 Local from Santa Fe/ Organic
 "They're a local, organic company
 who value sustainability and
 zero waste. The immunity shot
 is my favorite because it is
 packed with ginger, turmeric
 and other ingredients that
 make me feel great!"



MICHELLE SANCHEZ
 Westside Scanning
BIORAY Lady Passion
 Organic and daily energizing
 tonic for women
 "It helps balance my hormones
 and gives me feminine energy
 when I need it. It also helps keep
 my stress levels in check."

LEAF ASHLEY
 Gallup, Team Leader
EVOLUTION SALT LAMP
 Fair Trade, eco-friendly & socially
 responsible manufacturing.
 "These salt lamps are great
 because they help remove the
 negative ions. I love how they
 help clean the air!"



PHOTOS by Jonathan Loth, Staff Photographer/
 La Montañita Co-op

Local farm showcases organic plant starts

By JENNIFER KNAPP, Produce Dept Team Leader, Santa Fe Co-op



Paul Cross, founder of Charybda Farms in Taos, New Mexico, works with lettuce starts in one of the farm's greenhouses. PHOTO courtesy of PAUL CROSS/ Charybda Farms

Spring is in the air and what that means for us here at La Montañita Co-op is that our favorite season is right around the corner—harvest season! Our first large wave of fresh local produce comes in the form of plant starts grown by Charybda Farms in Taos, New Mexico. The second those plants land in the stores the excitement and promise of growth starts buzzing in everyone from our staff to our customers and member-owners.

Paul Cross founded Charybda Farms in 1998. Cross has been a lifelong lover of plants and had over 100 growing in his room as a kid in Los Angeles! After a long, stressful career in Internet technology, he decided to get back to his passion for growing. No one understood why Cross wanted to give up a successful career in technology for a career in organic farming, but Cross understood how big the organic market would become and how important it was to provide home gardeners with good, healthy organic plants.

Charybda focuses on niche specialty crops grown sustainably under the brand Chef's Edition. The team is constantly keeping up with the latest developments in organic farming, improving techniques and products.

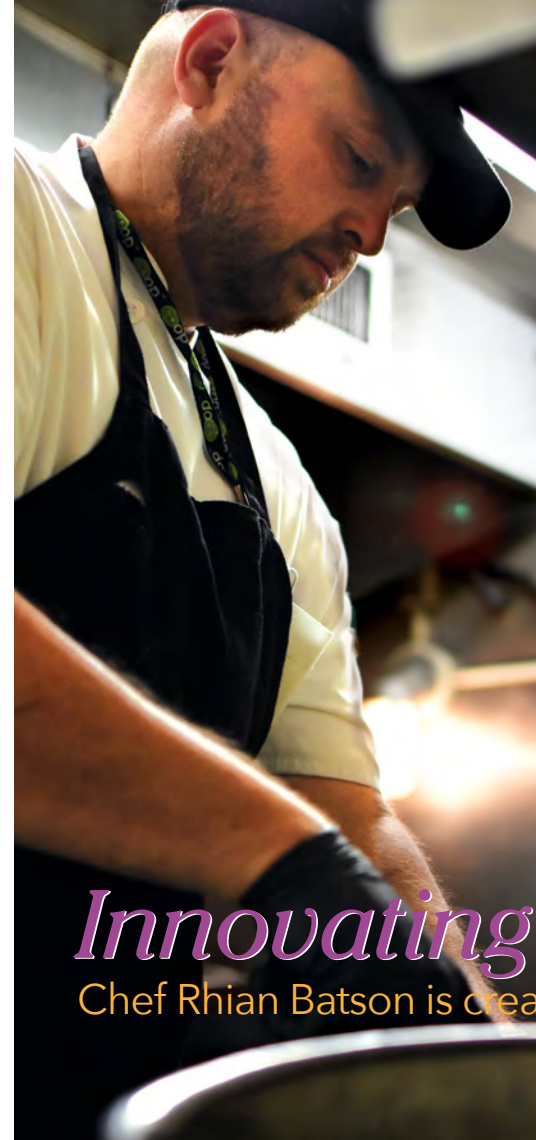
One of the most remarkable aspects of the farm is that all starts are grown on harvested rainwater. "When you buy a Chef's Edition plant, you know it was grown certified organic, on rain, with the highest standards of ecology [we] can achieve," says Cross. The farm produces a wide variety of organic herbs and vegetable starts.

"There is a vitality in our products that is palpable. Everyone on the farm understands that we are only as good as the quality of the last shipment we just made,"
 -Paul Cross, Charybda Farms

Even though organic plant starts have been the focus for the past 20 years, the farm also raises many produce crops, as well. Cross introduced many of our high-end chefs in Taos and Santa Fe to microgreens.

"There is a vitality in our products that is palpable. Everyone on the farm understands that we are only as good as the quality of the last shipment we just made," says Cross.

So keep your eyes open for these starts in our stores – the tomatoes and basil go fast, you don't want to miss out!



Innovating & Inventing at the Nob Hill Deli

Chef Rhian Batson is creating quite a stir as he cooks up delectable dishes

By JR RIEGEL, Digital Communications Coordinator, La Montañita Co-op
 Chef Rhian Batson prepares a freshly made dish in La Montañita Co-op's Nob Hill Deli kitchen.
 PHOTO by Jonathan Loth, Staff Photographer/ La Montañita Co-op

We've been hearing great feedback about our Nob Hill location's Deli over the last year, and it didn't take long for us to figure out why. Chef Rhian Batson started as head of our Nob Hill Deli in February 2017, and he hit the ground running with efforts to improve the already-tasty Deli foods made fresh every day. As we've heard from both our customers and our staff, Batson's improvements were immediately noticeable.

Batson started out his professional career when he jumped into an American Culinary Federation-accredited culinary education program right out of high school, and since then he's never stopped cooking. He built up skills working in places as humble as a bagel bakery and as intense as a commercial production kitchen. After doing some corporate consulting work for Whole Foods Market, he's excited to be back in the kitchen and at La Montañita Co-op.

Says Batson, "Every single day I'm blessed with the opportunity to craft amazing cuisine using the highest quality, locally sourced, natural and organic ingredients with an amazing group of folks as passionate about great tasting food as I am."

Despite his extensive professional experience, you can still see his farming roots shine through in his plans for the future of our Nob Hill Deli. This year he's excited to roll out a new fresh juice program, as well as a line of Co-op pickled and fermented garden veggies.

If you haven't been by the Nob Hill Deli in a while, stop in some time and see why we've been receiving such rave reviews! And if you see Chef there behind the counter, don't forget to say hey.

"Every single day I'm blessed with the opportunity to craft amazing cuisine using the highest quality, locally sourced, natural & organic ingredients with an amazing group of folks as passionate about great tasting food as I am."
 - Chef Rhian Batson

CHEF RHIAN BATSON'S FAMILY-FAVORITE RECIPE

By RHIAN BATSON, Deli Dept Team Leader, Nob Hill Co-op

Here's an easy family fav that translates well both to breakfast or dinner: Sausage garden gravy. I typically serve this over drop biscuits or fried mush in the morning, but have also used it in the evening to sauce savory fare, such as sweet potato gnocchi with flash fried sage, as well as an accompaniment to brown butter pan-seared catfish and fried sunchokes. It really is quite versatile and delicious with or without sausage, although I am partial to the pork.

GARDEN GRAVY

- 1 lb pork sage breakfast sausage
- 1 cup whole milk
- 1 cup pork or chicken stock
- 1/2 cup yellow onion, diced
- 1/4 cup celery, diced small
- 1/4 cup carrot, shredded
- 1/2 cup zucchini, shredded

- 1/4 cup aromatic white wine
- 2 garlic cloves, crushed & minced
- 1/8 tsp French thyme
- 1/2 tsp brown mustard
- 1-2 T all-purpose flour
- Salt to taste
- Black pepper to taste
- Sugar to taste
- 1 T butter

Cook sausage over medium-high heat & break into a fine crumble. Brown sausage fully & deglaze fond with wine.
Reduce wine by half, add thyme, mustard, garlic & vegetables. Sauté uncovered until translucent or slightly browned.
Add flour, stir into mixture & cook for 45 seconds to 1 minute.
Add milk & 1/2 of stock. Bring to a boil & reduce to a simmer — let cook over low heat for 10-15 minutes, stirring occasionally & adding stock as needed for desired thickness.

Season liberally with salt, black pepper, finish with butter & a pinch of sugar & enjoy over biscuits, fried mush, gnocchi, fried sunchokes or potatoes.

FRIED MUSH

- 3 cups water, boiling
- 1 cup cornmeal, yellow
- 1 tsp salt
- 1 T butter

Bring water to a boil & add salt & cornmeal. **Cook until thick**, stirring often — about 10-15 minutes.

Pour into a greased bread pan lined with parchment & let set overnight in the refrigerator.

The next morning, **cut a nice slice or two & fry in butter or bacon renderings** until crispy golden brown on the outside & creamy soft on the inside.

Top with your favorites — organic maple syrup or sausage garden gravy — & enjoy.



RIO GRANDE LOCATION LEADS WAY ON RECYCLING

Receiving clerk Sidney Chavez-Maez spearheads new composting initiative

By MONIQUE SALHAB, Community Development Specialist, La Montañita Co-op

One of the cool things I appreciate about La Montañita is the creativity of fellow team members. When they think of something that may benefit others, they give it a try! In January, I met with Sidney Chavez-Maez, Receiving Clerk, at our Rio Grande store. A couple months prior, Chavez-Maez emailed me about a new initiative underway at the Rio Grande store. So, I headed over to see what it was all about.

Chavez-Maez spent two hours explaining and showing how the recycling program has been drastically improved at the Rio Grande store. She explained, "In the Summer of 2017, Steven [a former Rio Grande team member] and [I] sat down and talked about how we really needed a composting program and to better our recycling program. I realized we were getting money for our cardboard recycling, and thought maybe we could use the money to develop a composting program."

Through an entire store-team effort, Rio Grande has established itself as a model for our other locations & the Distribution Center to improve on their recycling and composting.

Soilutions gave the Rio Grande team all the tools and information it needed to make the program successful. They also hosted a tour of the Soilutions facility for Rio Grande team members. Jim and Karen Brooks formed Soilutions in 1997. "The organization provides products, education and services that support sustainable relationships between people and their environment," according to soilutions.net.

Naturally, the team embraced the new effort. Without compromising the relationship the Deli Department has formed with its customers, who regularly pick up compost, Chavez-Maez says, "we are still continuing curbside composting from our Deli and Produce departments to give to our customers. Waste that is harder to re-purpose – meat scraps, bones, spoiled or molded food and egg shells [and] even leaves – are being used in composting." Through an entire store-team effort, Rio Grande has established itself as a model

for our other locations and the Distribution Center to improve on their recycling and composting. It is Chavez-Maez' hope that "[Rio Grande will] be in the top 3 facilities who provide the most organic waste for Soilutions."

In the next months, Membership Engagement and Community Development will be working with Chavez-Maez to review and upgrade both recycling and composting programs throughout all of La Montañita.

For more information on recycling and composting, visit Sidney Chavez-Maez at our Rio Grande store for tips on how you can start your own recycling and composting efforts.



Sidney Chavez-Maez, Receiving Clerk, and Alex Mollo, Meat Lead Clerk, deposit waste for composting at the Rio Grande location. This new initiative will be implemented throughout all of La Montañita. PHOTO by Jonathan Loth, Staff Photographer/ La Montañita Co-op

making a difference

- 4 tons** In 2017 the Rio Grande Co-op composted 4 tons of organic waste.
- 3 metric tons** prevents methane gas, a potent greenhouse gas, from entering the atmosphere. That savings of three metric tons of carbon dioxide equivalent translates into carbon sequestered by:
 - 77.7** tree seedlings grown for 10 years
 - 3.5** acres of U.S. forests in one year
 - 0.024** acres of U.S. forests preserved from conversion to cropland in one year

- Courtesy of Soilutions

Common Vegan Myths

Rae Sikora sheds light on frequent misconceptions

By RAE SIKORA, Practicing Vegan and La Montañita Co-op Member-Owner since 2012

If I asked you to give me a description of a vegan, what would it be? There are so many myths around this life path that it might be good to clear up a few of them. I have been practicing veganism for 40 years. I say "practicing veganism" rather than "I am a vegan" because no one is causing zero harm in the world. It is a lifelong practice of doing the least harm in our daily choices, whenever possible.

MYTH ONE: "VEGAN IS A DIET"
More accurately, veganism is a social change movement. People choose to practice veganism because of their concern for their health, the environment or other species. I call this the "Three Doors." Someone will enter through one of the three doors, and often embrace all three reasons and the choices that go along with them as they learn the reality of the industries and the impact on the world around us.

While some vegans make healthy dietary choices, others may not always make the healthiest choices for their body. You can

live on potato chips and call yourself vegan. So, vegan does not necessarily equal healthy.

Someone who is vegan for ethical reasons also avoids: leather, wool, down, products tested on animals, zoos, circuses, rodeos and any other products/actions that they believe support slavery and violence.

MYTH TWO: "VEGANS ARE ALL ANGRY AND DON'T CARE ABOUT OTHER PEOPLE"
Like any group of humans, vegans are very diverse. There are angry vegans and very loving vegans. Most people practicing veganism extend their compassionate practice to all areas of their life. They practice Ahimsa, (in the Hindu, Buddhist, and Jain tradition) the principle of non-violence toward all living things. If you meet an angry vegan, it is likely that her/his anger stems from witnessing the extreme violence and environmental destruction that are symptoms of the industries profiting from animal exploitation. Many who have witnessed the violence first-hand suffer from despair, burnout and PTSD.

RAE SIKORA Over 40 years as a writer and speaker, Co-founder of Vegfund, The Institute for Humane Education, Plant Peace Daily and Santa Fe Vegan. Recently inducted into the Vegetarian Hall of Fame. Lives in Santa Fe with JC Corcoran and their pack of happy rescued dogs

You can get more information and learn more about other popular vegan myths (such as the protein myth) here: <https://veganuary.com/myths/>

Many New Mexico groups have ongoing events to support everyone from the vegan curious to the vegan foodie or the vegan activist, and non-vegans are always welcome to participate. Check out the following more up-coming events:

- www.meetup.com/Santa-Fe-Veg/
 - www.meetup.com/Plant-Powered-Santa-Fe/
 - www.meetup.com/ABQVEG/
 - www.meetup.com/Taos-Vegan/
- You can also visit the following organizations on Facebook:
- Santa Fe Vegan • ABQ Vegan
 - Plant Powered Santa Fe
 - Animal Activist Santa Fe

Chef Rhian's Vegan Falafel

By RHIAN BATSON, Deli Dept Team Leader, Nob Hill Co-op



PHOTO by Jonathan Loth, Staff Photographer/ La Montañita Co-op

FRIED FALAFEL BALL

- 1 cup canned chickpeas, drained
- 1/2 large onion, roughly chopped
- 2 T fresh parsley, finely chopped
- 2 T fresh cilantro, finely chopped
- 1 tsp salt
- 1/2-1 tsp chili flake
- 4 cloves of garlic
- 1 tsp cumin
- 1 tsp baking powder
- 4-6 T flour
- Favorite vegetable oil for frying
- Pita bread

Place the drained chickpeas and the onions in the bowl of a food processor fitted with a steel blade.

Add the parsley, cilantro, salt, hot pepper, garlic and cumin. Process until blended but not pureed. Canned garbanzos are super convenient, but if you prefer, you can soak 1C dried chickpea overnight instead, just remember to do it.

Sprinkle in the baking powder and a bit more than half of the flour and pulse. You want to add enough flour so that the dough forms a small ball and doesn't stick to your hands. Turn into a bowl, cover and refrigerate for several hours.

Form the chickpea mixture into balls about the size of walnuts. An ice cream scoop works well for consistent portioning.

Heat 3-4 inches of oil to 375 degrees in a fryer, cast iron pot or wok, and fry 1 ball to test. If it falls apart, add a little flour. Then fry about 6 balls at once for a few minutes on each side or until golden brown. Drain on paper

towels or rack. **Stuff half a pita** with falafel balls, garnish with your favorite veggies & drizzle with tahini sauce.

BAKED VERSION

This is quite similar except the 1 tsp baking powder (heat activated) is critical to your mix as it helps with decreasing density through the baking process. If you are making these immediately, you can sub baking soda (liquid activated) if baking powder is not in your pantry.

Scoop falafel mix into an oiled sheet pan and flatten into 1/2-inch tall patties.

Bake for about 20 minutes at 375 degrees and flip.

Bake for another 10-15 minutes until both sides are crispy, golden brown.

Eat and enjoy!

TAHINI SAUCE

- 1/3 cup well stirred tahini
- 1 T garlic paste (or sub the olive oil for roast garlic oil)
- 2 T fresh lemon juice
- 1 T olive oil
- 1/4 tsp sea salt
- 2 oz (1/8 cup) lukewarm water
- Cumin to taste, optional
- Chili powder to taste
- Smoked paprika to taste
- 1 T fresh parsley, chopped

This one is super simple. Combine all ingredients in a food processor or blender and pulse, slowly adding the water until desired consistency is achieved. If you goof and add too much lemon juice so your sauce is overly tangy, add a pinch of sugar to help round out that acidic edge.



Education at the Desert Oasis Teaching Gardens comes in many forms. These students are building a foundation in regenerative agriculture and learning how agriculture can combat climate change and foster a resilient future.

Winter decided to make a brief appearance at Desert Oasis Teaching Gardens on Feb. 20, 2018. PHOTO courtesy of Desert Oasis Teaching Gardens

We all recognize the importance of healthy eating and teaching our kids where their food comes from — how it grows, what it smells like and the genuine taste of food grown from the Earth. Within the last several months, I was able to visit two special school gardening programs flourishing in the Albuquerque area.

Seniors Courtney Kaltenbach and Zane Smith founded the Eldorado Garden Club in the fall of 2016 after a group of 45 Eldorado High School students spent a summer week on a service-learning trip to Denver, Colorado. The service-learning trip focused on environmental and food justice. The goal of the Garden Club is to promote food justice through education, community partnerships, service-learning events and creating local food sources.

The Garden Club has established a garden at Eldorado and has successfully grown a variety of produce. Some of the produce has been used in the school's Healthy Habits club, giving students an immediate opportunity to go from seed to plate. Students have held after-school classes on soil composition with Master Gardeners and have held discussions on the connections between local food sources and other societal issues, such as poverty, environmental degradation and healthcare. For additional information, email Eldorado High School English teacher Allison Dunn at barns_a@aps.edu.

Growing the Next Generation

Gardening programs assist in students' education on planting, harvesting local food and environmental issues

By MONIQUE SALHAB, Community Development Specialist, La Montañita Co-op

Education at the **Desert Oasis Teaching Gardens** comes in many forms. These students are building a foundation in regenerative agriculture and learning how agriculture can combat climate change and foster a resilient future. Currently, the Desert Oasis Teaching Gardens consists of a community space with native plants, extensive, passive rainwater collection, a mature pollinator garden, a wildflower meadow, a half-acre of cover-crop experimentation and a quarter-acre of intensive food production.

Currently, the garden stewards over twenty varieties of beans, grains, flowers, native plants and vegetables. In addition to helping protect genetic and cultural diversity, the garden's seed-saving project also builds students' agricultural toolkit.

Seed saving is another flourishing project at the Desert Oasis Teaching Gardens. Currently, the garden stewards over twenty varieties of beans, grains, flowers, native plants and vegetables. In addition to helping protect genetic and cultural diversity, the garden's seed-saving project also builds students' agricultural toolkit. Youth and adults not only learn how to thresh and winnow, but also discover the importance of community in harvesting seed for food and the future.

While the Desert Oasis Teaching Gardens' accomplishments are numerous, there are key challenges the program must navigate. The gardens depend on financial support from the community and the small but mighty staff depends on the generosity of volunteers to help the space flourish.

Want to get involved? Contact Garden Manager Tiana Baca at bcata@aa.edu or visit www.thedotgarden.org.

Allison Dunn and Tiana Baca contributed to this article.

Historical Speech Resonates Today

The Poor People's Campaign builds on Dr. King's challenge to America

By MONIQUE SALHAB, Community Development Specialist, La Montañita Co-op

On August 31, 1967, Dr. Martin Luther King Jr. delivered his "Three Evils of Society" speech at the National Conference on New Politics. This speech is recognized as his most prophetic, due to the unapologetic stance on militarism, poverty and racism — the intertwining effect of the three upon the poor in American society — while war waged in Vietnam. This speech symbolized a need to inject the stories of poor black and whites into the national conversation: to shine the truth on America's "triple prong sickness."¹

Fast-forward 50 years later and his speech could be re-delivered with listeners none the wiser of its original delivery date. In the last nine months, the Poor People's Campaign: A National Call for a Moral Revival has re-emerged and thousands are mobilizing in New Mexico and throughout the United States. The campaign — or movement as the native/indigenous community has named it, due to the militaristic bloodshed "campaigns" have had on and in their community — has added a fourth pillar: environmental devastation.

Families indigenous to the land of New Mexico have experienced and witnessed the "evils of systemic racism, poverty, the war economy [and] ecological

devastation."² When we examine the fourth pillar, it is disturbing. Many have given testimonials describing the generational strife experienced by environmental damage. The established war economy within state of New Mexico has had direct impacts — Trinity (first nuclear test site in the United States), numerous plume leaks, continued expansion of nuclear testing, supersonic flight operations and so much more — forcing farmers and ranchers to either cease their way of life due to water and soil contamination or compromise their principles to survive. Native/Pueblo communities have witnessed the changing of seeds' DNA due to soil contamination, while experiencing the disappearance of water from their lands to feed the insatiable hunger of human progress.

Racism, poverty, the environment and the unending war economy are moral issues. These four pillars are intertwined — one does not exist without the other. To learn more about the Poor People's Campaign: A National Call for a Moral Revival, please go to <https://poorpeoplescampaign.org> and Repairers of the Breach at <https://www.breachrepairers.org>. Additionally, if you have access to YouTube, videos can be found via the Repairers of the Breach YouTube page.

¹The Three Evils of Society Address Delivered, August 31, 1967. ²<https://poorpeoplescampaign.org>



LEFT: Mobilizing citizens for the Poor People's Campaign: A National Call For Moral Revival march in Albuquerque, August 2017. RIGHT: Samia Assed (left) and Rev. Dr. Liz Theoharis, Co-Chair, of the Poor People's Campaign: A National Call for Moral Revival marching against systemic racism in Albuquerque, August 2017. PHOTOS courtesy of The Poor People's Campaign

THE POOR PEOPLE'S CAMPAIGN

A National Call for a Moral Revival National Kick-off

SUNDAY MAY 13

2018

SIX WEEKS OF NON-VIOLENT, DIRECT ACTION

To get involved, go to on the web: www.poorpeoplescampaign.org

Racism, poverty, the environment and the unending war economy are moral issues.



TOP: Lorenzo Duran, Warehouse Clerk, works the forklift to load a pallet on a shelf at La Montañita Co-op's Distribution Center. BOTTOM: Evangelina Anaya, Warehouse Clerk, unloads flour from a pallet. The Distribution Center is a 17,000 square-foot facility which has both refrigerated and dry storage and is located on Menaul Boulevard in Albuquerque. PHOTOS by Jonathan Loth, Staff Photographer/ La Montañita Co-op

LA MONTAÑITA LEVERAGING \$500,000 USDA GRANT

to benefit local farmers and ranchers

By BENJAMIN BARTLEY,
Value Chain Specialist, Distribution Center, La Montañita Co-op

More than 350 applicants submitted LFPP proposals last year; La Montañita was among the 14% of organizations who were ultimately chosen for funding.

La Montañita was recently awarded a USDA Local Food Promotion Program (LFPP) grant, providing half a million dollars in funding over the next three years to support the Co-op's work with local farmers and ranchers. More than 350 applicants submitted LFPP proposals last year; La Montañita was among the 14% of organizations who were ultimately chosen for funding. The Co-op was honored to be chosen for this opportunity, and its Value Chain Team has hit the ground running with their grant proposal.

a number of big changes are afoot. For starters, a new (and long needed) position - Quality Assurance Specialist - has been created with these funds, and will be held by Valerie Smith, a long-time Nob Hill team member.

The Distribution Center will also be transitioning to a new software platform as a result of this grant. Warehouse staff has been using Quickbooks for more than a decade. Now that the Co-op is wholesaling more than \$10 million in sales annually, we've developed a need for greater inventory management, reporting and other warehousing functions. While "upgrading software" may not sound exciting, it's a sign that we've graduated into a new tier of professionalism, scale and importance to our local economy. That, and it'll greatly benefit our wonderful DC

(con't on page 20)

In short, this three-year project will allow the Co-op to:

- Conduct production planning with our New Mexico vendors, aligning local supply of fruits, vegetables, and proteins with local demand
- Modernize La Montañita's Distribution Center, increasing our ability to serve more wholesale customers
- Launch a USDA-accredited GroupGAP program for local growers, lowering the cost and burden of securing food safety certifications and increasing market access for participating farmers

Over the last several months, La Montañita staff has been working toward all three of these goals. Many of these developments are housed at the Distribution Center, and



ABOVE: Members of La Montañita Co-op's Distribution Center Team gather for a weekly meeting. From center clockwise, Benjamin Bartley, Value Chain Specialist, James Esqueda, Distribution Center Director, Valerie Smith, Quality Assurance Specialist and Dave Payne, Distribution Center Assistant Director. PHOTO by Jonathan Loth, Staff Photographer/ La Montañita Co-op.

BOTTOM RIGHT: Heidi's Raspberry Jam jars, waiting to be labeled, sit in her Albuquerque kitchen. Her raspberries are grown and hand selected on her farm in Corrales, NM. PHOTO by JR Riegel, Digital Communications Coordinator/ La Montañita Co-op. BOTTOM LEFT: Talus Wind Ranch overlooks the Galisteo Basin in Northern NM. It sits on 460 acres and is home to pigs, sheep, chickens, horses and donkeys. PHOTO courtesy of Talus Wind.

A Distribution Center Like No Other

La Montañita Co-op has increased consumer awareness of buying local

By JAMES ESQUEDA, Distribution Center Director, La Montañita Co-op

La Montañita Co-op began its distribution of locally produced products in the spring of 2006. Two drivers and one truck delivered over \$100,000 of locally produced meat, eggs, milk and produce from about 30 local farmers, ranchers and producers during this first year of operation. La Montañita engaged Whole Foods, Raley's, Cid's, Los Poblanos and others to build the wholesale market for these products. In January of 2007, La Montañita opened the Distribution Center (DC) in Albuquerque. This facility provided 10,000 square feet of refrigerated, frozen and dry storage. Outgrowing that space, the DC was moved into larger location on Menaul Boulevard. This facility is 17,000 square feet, giving the DC the space needed to continue to grow.

La Montañita has enjoyed success in increasing consumer awareness of the value of purchasing locally produced food and paying more for local than nationally distributed food. We understand that our local producers must prosper to sustain their efforts and that locally grown/

produced food often costs more. The DC staff is working with local growers, producers and retail buyers toward reaching a balance between paying the producer as much as possible, while maintaining a retail price in the stores that consumers can afford. This work is ongoing, and we continue our efforts to raise consumer awareness of the value of purchasing local.

The DC is excited to announce its most recent addition to the team, Valerie Smith. She will be our Quality Assurance Specialist. Smith will be working to roll out our new quality management system in our warehouse, as well as oversee La Montañita's

The DC staff is working with local growers, producers & retail buyers toward reaching a balance between paying the producer as much as possible, while maintaining a retail price in the stores that consumers can afford.

GroupGAP program, a mechanism for local growers to secure Harmonized GAP food safety certification.

Next time you're in Albuquerque, stop by to say hello and take a tour of the DC.



Conference attendees share interest in strengthening organic farming community

By JAMES ESQUEDA,
Distribution Center Director, La Montañita Co-op

The New Mexico Organic Farming Conference provides a mutual opportunity for farmers, ranchers and researchers from around the Southwest to share their knowledge and experience with each other. I had the pleasure of attending my third conference, which was held in Albuquerque on Feb. 16 and 17, 2018, at the Marriott Pyramid North, along with fellow La Montañita Co-op team members and members of our Board of Directors. The conference had a little something for everyone, including soil analysis, composting and produce safety to local food marketing, and even had the opportunity to join the career connection mixer hosted by the Quivira Coalition, a non-profit organization based in Santa Fe, New Mexico. Quivira is “dedicated to building economic and ecological resilience on western working landscapes,” according to quiviracoalition.org.

The Distribution Center continues to support these local farmers and producers in finding markets for their products. We are currently serving **106 local** restaurants and cafes across the state of New Mexico and delivering fresh local goods six days a week.

Together we engaged in conversation regarding our local foodshed, sustainable agriculture and community wellness. Organic farming has seen annual growth of 12-14% since 1995 when genetically engineered seeds began to be grown on a vast scale, and consumer pushback against GMOs began. For farmers across the state, strong demand for organic food translates into new and growing opportunities. The La Montañita Cooperative Distribution Center continues to support these local farmers and producers in finding markets for their products. We are currently serving 106 local restaurants and cafes across the state of New Mexico and delivering fresh local goods six days a week. It is an amazing feeling to know that we do not only purchase these goods, but we work side by side with these growers and producers to find solutions and impact New Mexico’s economy.

Keynote speaker Steve Ela, from Ela Family Farms, shared the importance of building a strong organic community, being

transparent with consumers and keeping the next generation on the farm. One way is keeping farms clean, moving broken down equipment out of the front lawn and creating a welcoming atmosphere. His speech was very motivating and hit close to home for all in attendance. I walked away feeling extra motivated to get out there in the field and get my hands in the soil.



TOP: La Montañita Co-op Community Development Specialist Monique Salhab talks with attendees at the Co-op’s booth during the NM Organic Farming Conference held in Albuquerque on Feb. 16 and 17, 2018, at the Marriott Pyramid North. BOTTOM: Montañita Co-op’s James Esqueda, Distribution Center Director (left), and Benjamin Bartley, Value Chain Specialist, attend the NM Organic Farming Conference. PHOTOS by Kelly Cravens, Membership Engagement Specialist/ La Montañita Co-op

Unique Dishes from a Local Kitchen

Chef Israel Rivera infuses his menu with ingredients and ideas taken from his travels

By LEA QUALE, Marketing & Community Director, La Montañita Co-op



Chef Israel Rivera creates one of his unique dishes in his kitchen at The Shop Breakfast & Lunch. PHOTO courtesy of Israel Rivera/ The Shop Breakfast & Lunch

Rivera explores fresh ideas to invigorate the menu by taking those travel-experience influences & pairing them with local, organic, seasonal produce & humanely-raised animal products.

When visiting The Shop, you can expect fun and eclectic flair from the interior design, music selection, art to those working and, of course, the food. Rivera explores fresh ideas to invigorate the menu by taking those travel-experience influences and pairing them with local, organic and seasonal produce and humanely-raised animal products.

Rivera expressed his goal: “I want to create a high-caliber food, exceptional food, but at a price my friends, family and community can afford. Good food shouldn’t be out of reach.”

The Shop is a local hot spot like nothing else in Burque. “We try to be different,” says Rivera. The Shop prides itself on constantly crafting new and enticing dishes. They’re open for breakfast and lunch, and now expanding into dinner service on Friday and Saturday and tasting events throughout the year. Follow The Shop Breakfast & Lunch on Facebook and Instagram to stay in the know — it just may be your next meal destination.

Chef Israel Rivera, from the Shop Breakfast & Lunch located between the University of New Mexico and the historic Nob Hill district, wasn’t always creating the unique regional fare you can now expect when visiting this local dig. Rivera grew up in New Mexico, and speaks openly about his past as a “troubled youth.” But this actually set him up to begin working in kitchens, when no one else would hire him.

Working throughout Albuquerque at various local restaurants, he landed a job in the kitchen at the Artichoke Cafe. “The Keens [owners of the Artichoke] gave me such an incredible opportunity,” says Rivera. He was compensated well, and for the first time in his career, he had paid time off. “Whenever I took time off, I’d travel to work in other kitchens for free to learn new techniques to build my skill set. During one of those trips, I

Traveling is part of Rivera’s profession, choosing locations based on where he might find the next best meal of his life.

was lucky enough to work along side world-renowned chef and restaurateur, Ludo Lefebvre in LA.” That’s how you learn in this business, Rivera says. He sees cooking as a craft, learning the basics and applying that to what you want to achieve.

Traveling is part of Rivera’s profession, choosing locations based on where he might find the next best meal of his life. “I’m really into Southern cuisine right now, and have incorporated that into the food I grew up on, which others call Latin American. But I just call it food,” Rivera laughed.



ISRAEL RIVERA
The Shop Breakfast & Lunch
2922 Monte Vista Blvd. NE
ABQ, NM 87106

Facebook & Instagram @
TheShopBreakfastandLunch

TOTAL DONATED THRU JAN 2018: \$191,362

bring in a reusable bag & we'll donate a dime to a different New Mexican non-profit every month. It really adds up.

LIBERTY 2007

We've donated over \$190,000 with your help!

DONATE-A-DIME

SUPPORT OUR NEW MEXICO NON-PROFITS!

APRIL: SANTA FE COMMUNITY HOUSING TRUST • MAY: GLOBAL WARMING EXPRESS • JUNE: PROSPERITY WORKS

aahchooo!

Relieve your allergies

this season with homeopathic remedies

By KATHERINE TALAVERA, Wellness Dept Team Leader, Westside Co-op

It seems like it's been allergy season year-round for us here in New Mexico. The dry, temperate winter weather has been a perfect incubator for airborne allergens. Now with the spring winds about to kick up, we are in for a strong allergy season.

There are plenty of options to help you through your allergies here at La Montanita Co-op. For several reasons some of the best natural remedies are homeopathic. There are never any side effects, interactions or addictions, and you can't overdose. They are made with minute amounts of the very substances that give you allergies in the first place, causing a healing crisis in the body and enabling you to deal with the heavy allergens before they become really bad.

Most people start taking them a couple of weeks before the typical allergy season hits and are able to transition into it without major discomfort. The key is to get it in your system before you are in the acute phase of allergies.

Some of these remedies include a local brand, like Allergena Zone 6. This is by far one of our best sellers. If you need symptom relief, there is Sabadil and Sinusalia from Boiron and Allergy Complex from a local company, Nova Homeopathics. They deal with itchy watery eyes, runny nose, sore throat, sneezing, congestion, sinus pressure and pain. On this note, you can also try a formula with stinging nettle. And, Now Brand has a wonderful effective formula with stinging nettle, quercetin, bromelain and vitamin C. The Stinging Nettle acts as a natural antihistamine and the other ingredients are helpful with stuffy, congested or inflamed air passages.

There are so many more options available, and most of us have our favorite go-to remedies, like some of mine listed here. Feel free to drop by any La Montanita location to ask other knowledgeable Wellness Department team members for more wonderful suggestions to help you through your allergy season.

LOCAL



Local Zone 6 Allergena



Sinusalia from Boiron

LOCAL



Local Allertonic



Quercetin from NOW

LOCAL



Local Allertonic Soft-gels



Hit the Trails & Pack the Mix

By CATHY CARRILLO, Personal Trainer and Fitness Instructor

One of the best things about New Mexico is the number of outdoor activities to choose from, including some amazing hiking trails. These trails can range from extremely adventurous to family-friendly. Whether you're climbing to the summit on the trails of Wheeler Peak near Taos or enjoying an easy family hike on the McCauley Hot Springs Trail near Jemez Springs, one thing is a must – remember to pack your snacks!

A traditional, favorite food when prepping to hit the trails is, of course, a trail mix. Easy to pack, lightweight and nutrient-dense, trail mix is a staple to keep you fueled for the duration of the journey. Whether it's a traditional "GORP" mix – Good Old Raisins and Peanuts – or a homemade creation, when shopping for your hike there are several choices on the market of pre-mixed varieties, or you can mix up your own "special blend." This can easily be done by going to your local co-op, like La Montanita, and choosing from various items in the organic bulk foods section.

By combining your favorite nuts, seeds, dried fruits, sweet extras and spices you can mix up a combination that will be satisfying and help keep your energy up. There are a few things to keep in mind when making choosing your favorite ingredients:

NUTS: The primary ingredient in trail mix, nuts are a source of protein, healthy fats and antioxidants. Choose organic, with no added sugars or preservatives.

SEEDS: An extra bonus due to the trace minerals and vitamins for added nutrition when on a strenuous hike.

DRIED FRUIT: Great for added flavor and carbohydrates to keep you energized on longer hikes. Use sparingly, choose fruits that are organic, have no added sugar and are unsulfured. For a bigger punch of nutrients try freeze-dried fruits.

SWEETS: Chocolate or butterscotch chips are great favorites, especially when hiking with children. However, on longer hikes on hot days, try crystallized ginger or marshmallows – they won't melt!

SPICES AND EXTRAS: Cinnamon, cayenne pepper, cocoa nibs or coconut . . . for added fuel, flavor and fun.

FINALLY, keep each serving size to about ¼ cup (1 oz). Most mixes can be between 150 – 250 calories/serving. Depending on the length of your hike and how strenuous the terrain, be prepared to enjoy one of these nutrient-packed snacks approximately every 2 hours. Stay fueled and happy hiking!

THE HEALING POWER OF HERBS

Not just for spicing up your food, these handy plants can help with minor health ailments

By DR. LORI EANES, D.O., Family Medicine Physician



PHOTO courtesy of Lori Eanes / D.O., Family Medicine Physician

LORI EANES

Family medicine physician, practicing urgent care and integrative medicine Lecturer, providing workshops and retreats that teach participants how to achieve optimal health with less medication

Visit Dr. Lori at www.drlorieanes.com

Spring is the perfect time to begin your herb garden. They add beautiful greenery to any outdoor garden or an indoor window box. Most of us like having fresh herbs handy for our favorite recipes and garnishes. But, easily grown herbs are more than great fragrances and flavors. Herbs can be beneficial in the treatment and prevention of minor health ailments, too. And, most herbs can be taken as a tea.

HERE ARE A FEW EASY TO GROW HERBS:

BASIL FOR IMMUNE HEALTH

The oils in basil give it its fragrant aroma, as well as the antibacterial properties that restrict the growth of harmful bacteria. Not only is the leaf delicious, the oil can be useful as a spray rinse for cleaning fresh fruits and vegetables.

CATNIP FOR IMPROVED SLEEP

The fragrance of catnip is not just for promoting playfulness in cats. Catnip is in the mint family of herbs and has a calming effect on the digestive system. While it energizes cats, it can induce sleep in the rest of us.

LEMON BALM FOR STRESS MANAGEMENT

This herb has the refreshing fragrance of lemon and has been used to relieve anxiety and stress. It has shown to inhibit the herpes virus that is responsible for cold sores. Cold sores are often related to an increase in stress, so this tea is a useful one to sip on for prevention.

PLANTAIN FOR SKIN RASH

Easily grown as a wild perennial plant, the whole leaf can be applied to minor skin rashes, scrapes and bruises that often occur during the summer months of outdoor activities. It's a beneficial plant to have in your outdoor garden and will return year after year.

ROSEMARY FOR CANCER PROTECTION

Rosemary is most often used as a savory culinary spice. The antioxidant properties of rosemary can stimulate the body's protective cells against cancer. Therefore, routinely adding rosemary to your diet may prove to be cancer protective, as well as preventing other minor illnesses.

THYME FOR SKIN INFECTIONS

Aside from a hearty herb seasoning for foods, the oil of thyme has been used as an antifungal and germicide against athlete's foot and minor skin infections. It can be used as a mouthwash and is one of the main ingredients in Listerine. It's also great in hot baths for sore muscles and achy joints.

Remember that herbs are medicine, too. Keep in mind that any plant used in excess can be toxic. Always consult your medical provider if you are taking prescribed medications to avoid interactions.

HAVE A HEALTHY SUMMER & A HEALING HERB GARDEN!



CALENDAR

APRIL • MAY • JUNE



... APRIL ...

SEEDY SATURDAYS

SATURDAY, APRIL 14 • 10AM - 1PM
Loma Colorado Main Library
 Drop by the Sandoval County Seed Library to speak with a Master Gardener about your gardening and seed-saving questions on the second Saturday of each month - now through August. 2018 Schedule: April 14, May 12, June 9, July 14 & August 11.

ARTSCRAWL

SATURDAY, APRIL 14 • 7 - 9PM
Downtown, Gallup
 An arts & cultural experience on the 2nd Saturday of every month in Downtown Gallup you don't want to miss. The Crawl features local and regional artists, musicians, special events and offering from Gallup's downtown businesses. Additional dates: Saturday, May 12 & Saturday, June 9.

LA MONTAÑITA CO-OP - SF EARTH DAY CELEBRATION

FRIDAY, APRIL 20 • 11:30AM - 2PM
In the La Montañita Co-op's Santa Fe Store parking lot (913 W. Alameda St.)
 Celebrate the Earth with a BBQ, with grass-fed burgers, hot dogs, vegetarian options, chips & a drink for \$7, all provided by the Deli.

LA MONTAÑITA CO-OP - GALLUP EARTH DAY CELEBRATION

SATURDAY, APRIL 21 • 1:30 - 4PM
In La Montañita Co-op's Gallup Store parking lot (105 East Coal Ave.)

Visit your community food market to celebrate the Earth with live music, environmental groups and vendors. You'll be able to enjoy food and product demos and enter to win a fabulous prize basket. Shoppers that spend \$20 or more will receive a free reusable bag, while supplies last.

BEGINNING BEEKEEPING CLASS

SUNDAY, APRIL 22 • 9AM - 1PM
La Mariposa Montessori School
 A four-hour intensive class teaching everything you need to know to get started in beekeeping: pros and cons of hive systems, establishing a bee colony, sustainable beekeeping, care and feeding, disease management, swarm prevention and bee biology. Class size is limited, reserve your space and learn more at abqbeek.org/events



LA MONTAÑITA CO-OP'S 28TH ANNUAL EARTHFEST CELEBRATION - ABQ

SUNDAY, APRIL 22 • 10AM - 4PM
Behind La Montañita Co-op's Nob Hill Store (3500 Central Ave. NE)
 Join the tradition of celebrating the Earth with live entertainment, food, artists, crafts and more. Admission is free and the whole family (yup, even your furry friends) are welcome! For more information please visit lamontanita.coop/earthfest2018

PLANT SALE & LOCAL GARDEN FEST

SATURDAY, APRIL 28
Desert Oasis Teaching Garden
 Save the date for DOTG's biggest event of the year where you can get your desert-adapted plants and impress the neighbors with your sensational garden displays. Interested individuals can contact Tiana Baca (Desert Oasis Teaching Gardens Manager) at baecat@aa.edu or 505-828-3164.

GATHERING OF NATIONS

SUNDAY, APRIL 26, 27 & 28
Tingley Coliseum/Expo New Mexico
 Experience North America's Biggest Powwow -- an event where people can come together each year to celebrate and share Native culture. The three-day festival will include dance competitions, Miss Indian World, markets and more. Visit gatheringofnations.com to learn more.

... MAY ...

RUNNING OF THE TRACTORS & CAR SHOW

SATURDAY, MAY 5 • 8AM - 5PM
Corrales Recreation Center fields
 This event is free to the public with as many as 80 vintage tractors and more than 200 classic cars, trucks and military vehicles. Enjoy hayrides, food from local food trucks and more! Go to visitcorrales.com for more information or find this event on Facebook.

RUN FOR THE ZOO

SUNDAY, MAY 6 • 7AM - 12:30PM
ABQ Bio Park
 Come run or walk to help support the ABQ BioPark at the 33rd Annual Run for the Zoo. Funds raised through this even go back to support some of the city's most treasured facilities, the Zoo, Botanic Garden, Aquarium and Tingley Beach. To register for this year's event, visit runforthezoo.org

AGRIFUTURE EDUCATIONAL INSTITUTE

MAY 15 - 17
 This event aims to connect, inform and inspire the next generation of farmers, ranchers and others in agriculture. AgriFuture will feature educational speakers, breakout sessions, dinner with mentors and networking opportunities. Contact Kristie Garcia, New Mexico Department of Agriculture Public Information Officer, 575.646.2804 or kgarcia@nmda.nmsu.edu for more information.

NOMADIC YOGA FESTIVAL

SATURDAY, MAY 19 • 10AM - 7:15PM
The Yards, ABQ
 Experience a day filled with yoga, fitness classes, local businesses, breweries, coffee food and more. Tickets available for classes or admission is free to those who want to shop with vendors. A portion of the proceeds will be donated to the Animal Humane New Mexico. For more information visit: nomadic-yoga-festival.com

... JUNE ...

ALBUQUERQUE FOLK FESTIVAL

SATURDAY, JUNE 2 • 10:30AM - 11PM
Anderson-Abruzzo Albuquerque International Balloon Museum
 This amazing Festival is celebrating its 20th year with over 100 non-stop events at multiple venues at the Museum. Designed to be fully participatory and family-oriented, the Festival expects to have around 4,000 attendees, who will have the opportunity to learn how to sing, dance and play instruments, jam with other musicians or simply enjoy the variety of entertainment. Local, craft food and beverage (including beer & wine) vendors will be available. Tickets and more information are available online at www.abqfolkfest.org

FESTIVAL FLAMENCO INTERNACIONAL DE ALBUQUERQUE

JUNE 9 - 16
 This is the 31st year the National Institute of Flamenco and the University of New Mexico host the Flamenco Festival, bringing the finest flamenco artists in the world to ABQ. Experience world-renowned stage performances, tablao performances and workshops for all experiences levels. Visit nationalinstituteofflamenco.org for more information. Olé!

La Montañita Co-op celebrates 28 years of earthfest in honor of our mother earth
 come live it up with us on earth day 2018 from 10a-4p at the nob hill co-op
 sample local & organic food items * support your local artists * listen to some of our best local bands & dance!

www.lamontanita.coop/earthfest2018



EARTH DAY CELEBRATION - SANTA FE

FRIDAY, APRIL 20 • 11:30AM - 2PM

In La Montañita Co-op's Santa Fe Store parking lot 913 W. Alameda St.
 Celebrate the Earth with a BBQ, with grass-fed burgers, hot dogs, vegetarian options, chips & a drink for \$7, all provided by the Deli. Join the fun outside on the patio and don't forget to pop inside the store and see what's new!

EARTH DAY CELEBRATION - GALLUP

SATURDAY, APRIL 21 • 1:30AM - 4PM

In La Montañita Co-op's Gallup Store parking lot 105 East Coal Ave.
 Celebrate the Earth with live music, environmental groups and vendors. You'll be able to enjoy food and product demos and enter to win a fabulous prize basket. **Shoppers that spend \$20 or more will receive a free reusable bag, while supplies last.**

LA MONTAÑITA LEVERAGING \$500,000 USDA GRANT *(con't from page 13)*

team, including our warehouse team, sales reps, procurement and customer service representatives.

The Co-op's Value Chain Team will also be launching its GroupGAP program. Over the last several months, we've been building a support team of local food safety specialists to help make this program possible. This team will be authorized to conduct USDA-approved, on-farm food safety audits - this, in turn, will provide access to low-cost, Harmonized GAP certification services for local growers.

In terms of production planning, the Co-op team has met with our anchor local vendors and assessed the successes and challenges of 2017, and now is developing programs for 2018. This type of planning isn't exclusive to fruit and vegetable growers - the Co-op has also begun carrying several new local proteins, including Talus Wind Ranch pork, Naturally New Mexico lamb, and Taos Pueblo bison (all made possible by ongoing conversations, value chain coordination, and production planning with these ranchers).

It is because of the Co-op's support, participation and advancement of innovative initiatives like these that La Montañita is recognized as a local food system leader, and awarded grants like the USDA's Local Food Promotion Program.

As member-owners and customers of La Montañita, your regular patronage of local foods is what makes all of this possible. Thank you for supporting your local co-op, and for making La Montañita a leader in local food systems development.

THE 2018 FARM BILL: *How you can help*

By BENJAMIN BARTLEY, Value Chain Specialist, Distribution Center, La Montañita Co-op

We are in the beginning months of a Farm Bill year - this legislation only comes around once every five or six years, and this bill is what sets the direction and tone for crucial nutrition, conservation and local food system development programs. Sustainable farmers and low-income consumers alike depend on these programs, and we need to be vocal advocates for these programs.

In short, the House and Senate Agriculture Committees determine the makeup of the Farm Bill, and the House and Senate Appropriations Committees determine how much funding to allocate to what is in the Farm Bill.

We, in New Mexico, are fortunate as it relates to the Farm Bill - Representative Michelle Lujan Grisham is on the House Agriculture Committee, and Senator Tom Udall is on the Senate Appropriations Committee. Both are strong advocates for a Farm Bill that supports sustainable New Mexico agriculture.

Based on conversations with our Congress members, we anticipate the House Agriculture Committee to release its version of the Farm Bill this April or May. The Senate will then review the House's version, making changes and amendments.

We think that the Senate's version of the Farm Bill will protect programs that are important to New Mexico growers. However, we worry that the House will eliminate or defund USDA programs that local farmers and ranchers depend on.

We think that the Senate's version of the Farm Bill will protect programs that are important to New Mexico growers. However, we worry that the House will eliminate or defund USDA programs that local farmers and ranchers depend on.

Fortunately, there's still time to call our New Mexico legislators. For more information on how to lobby your members of Congress, email Benjamin.bartley@lamontanita.coop

Forging a Sustainable Future

La Montañita Co-op partners with the UNM's Sustainability Studies Program to award scholarships

By LEA QUALE, Marketing & Community Director, La Montañita Co-op

PHOTO by Jonathan Loth, Staff Photographer/ La Montañita Co-op

La Montañita Co-op partnered with the University of New Mexico's Sustainability Studies Program in 2016 to offer the 25-year La Montañita Co-op Marshall Kovitz Memorial Scholarship.

Named for La Montañita's founding owner and Board member Marshall Kovitz, the scholarship benefits students who have declared Sustainability Studies as their interdisciplinary minor at UNM. Preference is given to those choosing Food Systems as their area of concentration.

The 2018 LA MONTAÑITA KOVITZ SCHOLARSHIP recipients are Coleen Geraghty and Keith Knutla.

"The Sustainability program actually has a long and wonderful history with La Montañita and our students learn about the role of co-ops and markets in our communities. Students then plan and operate a one-day market on campus," UNM Sustainability Studies Program Director Professor Bruce Milne said. Students can pair the Sustainability Studies minor with a wide variety of majors to create an integrated course of study rooted in the principles of ecological conservation, Milne explained.

According to the program's website, the Sustainability Studies minor degree provides students from most disciplines with sustainability knowledge, skills and experiences that complement their major, thereby preparing them to bring sustainable practices to many sectors. The Food Systems concentration within the Sustainability Studies program is vital for continuing to enhance and grow New Mexico's local foodshed, our regional food economy.



Coleen Geraghty and Keith Knutla are the 2018 UNM/ La Montañita Co-op Scholarship recipients. PHOTOS courtesy of Coleen Geraghty and Keith Knutla

"Local food is among the top reasons students get into sustainability, and we're thrilled to be on the hunt for recipients of the scholarship. In fact, we are matching the money to ensure that deserving students have the critical resources to stay enrolled and progress to graduation. Thanks to La Montañita, we've seen tremendous growth and innovation around local food in the last 10 years," Milne added.

Kovitz, who died in March 2016 at age 68, was a champion of preservation and environmental sustainability. Kovitz was a beloved and active member of the La Montañita community, and his legacy lives on through this memorial scholarship.

The Co-op already has its GRABnGO location on UNM's main campus, and La Montañita is continuing to look for more ways to partner with the University to develop programs and initiatives that further enhance civic and environmental responsibility. Thanks to our community supporters and the Sustainability Program, we've already awarded six scholarships.

"Local food is among the top reasons students get into sustainability, and we're thrilled to be on the hunt for recipients of the scholarship."
-Prof Bruce Milne
Sustainability Studies Director



A student picks up some food during a class break at La Montañita Co-op's GRABnGO location on the UNM Campus.

To learn more about the scholarship or to make a donation visit us at unmfund.org/fund/la-montanita-marshall-kovitz.

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