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Celebrating our 47th Birthday on Saturday, February 3 with great savings for owners. You will also read about new leadership on the Grocery + Wellness team. You can learn about the ballot measures, candidates and enjoy food and festivities at the Annual Updates for the volunteer program Voting for Board of Directors, policy changes, Cooperative Community Fund Candidates and Opportunities for local non profit organizations to apply for charitable giving programs. Co-op owners are welcome. This year, Food Conspiracy will be:

- Celebrating our 47th Birthday on Saturday, February 3 with great savings for owners.
- Voting for Board of Directors, policy changes, Cooperative Community Fund Candidates and Round Up applicants will begin in March, 2018.
- You can learn about the ballot measures, candidates and enjoy food and festivities at the Annual General Meeting at Borderlands Brewery on Sunday, March 4 and voting will continue through March.
- You will also read about new leadership on the Grocery + Wellness team.
- Updates for the volunteer program
- Opportunities for local non profit organizations to apply for charitable giving programs.

Food Conspiracy is seeking new applicants for the 2018 Co-op Round Up. Way to go! The March 2018 Round Up is for Emerge! Center Against Sexual Assault. Emerge! is the largest Domestic Violence service provider in Southern Arizona and the only DV shelter in Tucson. Emerge! provides comprehensive domestic abuse services using a trauma-informed care model. The services are available to anyone experiencing abuse, however, the vast majority of people seeking services are women and children.

The full continuum of services include emergency shelter, a 24-hour bilingual crisis hotline, lethality assessment, safety planning, crisis intervention, case management and basic needs (food, clothing, personal hygiene items), support groups, domestic abuse literacy, transitional and permanent housing programs, transportation assistance, connection to community resource, parent-child bonding support, age-appropriate services for children, and more.
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.

*Yoga Hour at the Co-op. Yoga Hour resumes the regular hours Tuesdays 5:30 - 6:30 p.m. followed by a guided meditation.

*Board of Directors Meetings
Every fourth Wednesday of the Month. All owners welcome. Stay involved in Co-op decision making. Owners receive two 5% discount coupons per household for attendance good for a one-time shopping trip the next month. Light fare is served at 6pm with meeting starting 6:30pm.

*CLASS 3: DISSOLVING YOUR SUGAR HABIT
Wildly Successful Eating with Sharon Greenspan
Wednesday, January 10 · 6:00 - 8:00 p.m.
Constantly craving sweets? Reaching for sweets in the afternoon or evening? Want to gain control over sugar without feeling deprived?

• Uncover what drives your unhealthy food cravings.
• Learn food choices to increase your energy, health and joy (and taste some yummy food!).
• Leave with recipes, tips and knowledge. Cost: $15

*PART 1: FREEZING & DEHYDRATING
Urban Homesteading: Food Preservation with Izetta Chambers
Saturday, January 10 · 10 – 12 pm
This Homesteading Series consists of four 2-hour classes. The course will cover the basic principles of food preservation. The blanching/freezing of herbs and greens, and salting of lemons. This class uses a combination of hands-on demonstrations, lecture, and suggested reading. Several books will be available and a course syllabus that lists additional sources of online information. Cost: $15

*PART 2: FERMENTATION
Urban Homesteading: Food Preservation with Izetta Chambers
Saturday, February 3 · 10 - 12 pm
This Homesteading Series consists of four 2-hour classes. The course will cover the basic principles of food preservation. The second class will cover fermentation of greens in preparing kimchi, water kefirs and kombucha, and cabbage for sauerkraut. This class uses a combination of hands-on demonstrations, lecture, and suggested reading. Several books will be available and a course syllabus that lists additional sources of online information. Cost: $15

*PART 3: WATERBATH CANNING
Urban Homesteading: Food Preservation with Izetta Chambers
Saturday, March 10 · 10 - 12 pm
This Homesteading Series consists of four 2-hour classes. The course will cover the basic principles of food preservation. The third class will cover hot water bath canning and pickling with cucumbers or carrots and marmalade from local citrus. This class uses a combination of hands-on demonstrations, lecture, and suggested reading. Several books will be available, and a course syllabus that lists additional sources of online information. Cost: $15

*PART 4: PRESSURE CANNING
Urban Homesteading: Food Preservation with Izetta Chambers
Saturday, March 31 · 10 – 12 pm
This Homesteading Series consists of four 2-hour classes. The course will cover the basic principles of food preservation. This last class will cover pressure canning the preservation of low acid foods like stewed meat, potatoes, and green beans. This class uses a combination of hands-on demonstrations, lecture, and suggested reading. Cost: $15

*TRANSITION TO A NEW DIET: TRANSITIONING TO A NEW WAY OF EATING
with Sharon Greenspan
Wednesday, February 21 · 6 – 8 pm
Whether you are shifting to a diet for:
• gluten free,
• nut free,
• vegetarian,
• vegan or raw,
• or just plain healthier
figuring out what to eat and how to survive situations can be challenging. Peer pressure, worried family/ friends, unclear motivations all sway us. Having strategies in place BEFORE events empowers you and puts everyone at ease. Pursuing your true reason releases natural commitment and uncompromised motivation. Learn strategies, how to uncover your true motivation and taste some fun recipes. If there is time, we can explore how to modify your favorite recipes, so bring them along! Cost: $10

*PREVENTING AND REVERSING CHRONIC DISEASE with Sharon Greenspan
Wednesday, March 21 · 6 - 8 pm
Participants will learn how disease occurs in the body as a result of nutrition and biofield energy. Why a “healthy” vegetarian, vegan, or raw food diet can still lead to chronic disease will be explained. What to eat in order to heal and what to eat in order to prevent disease will be presented. The role of emotions in hidden issues and heal the body will be discussed and demonstrated, if time allows. Healthy, tasty, immune-supporting food sampling and recipes will be part of the class. Cost: $10

Registration require that tickets be purchased 24 hours prior to the start of the class. Registration can be made in the store at the register or online at www.foodconspiracy.coop/events
Board Report
Winter 2018
Gontran Zepeda, Board Vice President

# Get it together and March Fourth!

We’ve had an active year through 2017; we completed our search for a new General Manager, renewed and updated our Board Work Plan, and improved our focus on creating functional and productive committees in order that the Board may more effectively serve our owner-membership. We’ve been working diligently and methodically to improve our operation to reflect our stated principles and values; while these are self-evident, it has required a shift of paradigm in how our grocery operation is managed. We have renewed our organizational focus on care for others while we pursue the highest efficiency for our commercial operation, affirming a commitment to people over profits.

We’re looking forward to share more about the work we’ve done on your behalf when we all meet in person in March.

Please join us at our Annual General Meeting (AGM) to be held at Borderlands Brewery at 119 E. Toole Avenue on Sunday, March 4th from 4pm to 10pm. Up to two drinks will be provided per membership and a buffet dinner will be available. We’ll have live music, a presentation about our Co-op’s business and some great food to share together.

* In this year’s election, Members will be called to vote on Co-op policy that directly affect their membership benefits, as well as electing Board members.

* Our voting period will be the entire month of March: beginning on the 1st and ending on the 31st.

* The Annual General Meeting is set for March 4th from 4pm to 10pm at Borderlands Brewery. Members will have the opportunity to meet the candidates, learn more about the propositions on the ballot, and enjoy the festivities. From that date forward, Members may take up to 4 weeks to make their determinations and cast their ballot.

* We’re looking for additional candidates to join the Food Conspiracy Board of Directors and encourage applications until the closing date of January 31, 2018.

* The new regular Board Meeting date is set for the 4th Wednesday of the month, beginning January 24, 2018.

During the month of March we will be conducting our yearly voting period. Members may vote in store, online or at the AGM as usual. This year’s ballot will be more significant than many before as not only will we be asking you to select new Directors for 2018, but we will be asking you to cast a vote to update policy which directly affects your benefits. In premise, to more perfectly reflect the democratic control mandated by our Cooperative Incorporation’s founding documents.

We are looking for additional Directors in 2018 and if you’d like to become involved with our governance, participate in the decision making process, and be part of a dedicated group of individuals each participating with the highest interests of our Conspiracy at heart and in mind, please apply!

Personally speaking, working in the service of our organization has been both a pleasure and an honor. To collaborate with our Directorate who demonstrate their commitment to our shared values on a regular basis, strongly and often in the face of adversity has been an energizing and rewarding experience. Find our 2018 application packet on our website under ‘Board of Directors’ and submit your documents by January 31, 2018. Please join us for our next Board Meeting on January 24, 2018, we both require and desire your diversity. Please plan ahead to celebrate our very fine institution, its mission, principles and values all together this March at Borderlands Brewery.

Let’s get it together and March Fourth! ■
OFFICE SPACE FOR LEASE
Food Conspiracy is looking to lease office space in the admin building at 425 E 7th Street. 500 - 1,000 RSF. Two 500 RSF offices available for $750/mo each including utilities. Call Alex at (520)323 -5141, email alex.hardie@cbre.com

FOR RENT

PROBIOTICS SALE
20% OFF FOR CO-OP OWNERS JAN 17 - 30

1. Call or visit the store to place your special order (min. 48 hours advance)
2. Owners receive 20% off; non-owners receive 10% off the regular price*
3. Grocery items by the case, wellness items minimum three each
*excludes sale items

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

15% off bulk for everyone JAN 3 - 16
* less packaging and natural resources used!
* get the amount you want!
* more savings for you and your family!

LOVE YOUR GUT!

20% off bulk for everyone JAN 3 - 16

FOOD CONSPIRACY
CO-OP

BULK SALE

GET WHAT WE DON’T CARRY
Special Orders are EASY!
Generally Speaking

Chris Curro, General Manager of thousands of dollars for important mission-based, community organizations. You support a neighborhood grocery store owned by the community, a democratic institution that seeks to educate and empower others for a healthier life. You build the Cooperative Community Fund, a growing endowment that helps fund other community-oriented institutions. Your enthusiasm and participation create greater value for events like the annual Pie Party that turns fun food into a non-profit fundraiser.

Look What You Bring to the Table

When you take home food from the Co-op and feed the ones you love, you are bringing much, much more to the table. By caring where you shop, you create a web of human connections, a network of active, informed citizens engaged in sustainable practices. You create the cooperative difference, building many relationships behind the scenes.

Your purchasing power reaches far beyond a simple transaction. Making the Co-op your family’s primary choice gives your dollars super powers. Your decision to shop Food Conspiracy Cooperative first, among your many food options, equals a vote with your food shopping dollars for an impact reaching deep into the community.

The Co-op was born from the community and your money works for the good of the community, helping sustain our local economy. You directly pay living wages with over $860,000 in salaries and over $75,000 in health insurance annually for thirty-seven mostly full-time Co-op employees. When you select from over one-hundred local products—newly marked on the shelf with “Miles from Food Conspiracy”—your money multiplies seven times more in the region, according to USDA calculations. Your commitment to “buy local” generates economic opportunity and autonomy for dozens of farmers and ranchers, bakers and brewers, coffee roasters and jam makers, all small business people. The more you buy local, the more the Co-op can purchase local with money staying in the community.

When you swing open the Co-op’s front door, you transform the Co-op into a place worth visiting with friends, warm and inviting, where people know your name and are always glad you came. Your purchase of “Shop & Share” vouchers quietly, but consciously, increases food security for neighbors in need. Your “Register Round-up” turns spare change into tens of thousands of dollars for important mission-based, community organizations. You support a neighborhood grocery store owned by the community, a democratic institution that seeks to educate and empower others for a healthier life. You build the Cooperative Community Fund, a growing endowment that helps fund other community-oriented institutions. Your enthusiasm and participation create greater value for events like the annual Pie Party that turns fun food into a non-profit fundraiser.

Shopping the Food Conspiracy means you are the force behind the Co-op’s mission. Your purchase of organic means a reduction in herbicide, pesticide and fungicide in your own bloodstream AND in the bodies of the farmer workers too. You bring a reusable coffee mug and shopping bag and reduce waste and costs. Your concern becomes our recycling tons of cardboard and plastic packaging. You help us redirect all food scraps and our new compostable hot bar food containers back to the soil. And buying local reduces ‘food miles’ with shorter transportation routes, reducing our carbon footprint. These collective efforts gained the Co-op recognition with the Arizona’s Greenest Workplace Challenge 2017 Award.

After 47 years, the Co-op still exists for the community and is run by members of the community. When you purchase a membership, volunteer, join a committee, attend the annual meeting or vote for the Board of Directors, your investment ensures the ongoing success of the Co-op beyond this generation. You really make us stronger together. When you ask yourself where to shop today, remember that you are putting on a cape and mask, becoming a Co-op hero with the power to build the Triple Bottom Line of environmental, social and economic sustainability. Go Co-op!
Co-op, stronger together

Want to enjoy the most healthful food—like local, organic fruits and vegetables—year round? Preserving the bounty you’ve grown yourself or purchased from your local food co-op or farmers’ market makes it possible. Simple food preservation techniques can lock in flavor, help maximize your food dollars, support local agriculture, reduce food waste and give you a chance to really get to know the food you eat and serve to your family.

Produce possibilities

Check out the list of what’s in season in your area to jump-start your imagination. If it’s February to late spring, that could mean greens galore and broccoli and cabbage for fermentation. In July or August, a big bubbling batch of tomato sauce or salsa could be just the thing. Of course, a walk through your garden or the Co-op to see what’s fresh and abundant is a great way to identify preservation possibilities.

It’s not just grandma’s pantry

Putting up jewel-toned jars of pickled beets and brandied peaches may be what comes to mind when you think “food preservation,” and canning has become popular across generations, with plenty of unique recipes that appeal to a range palettes. But canning isn’t all there is. Other simple ways to preserve local and seasonal foods include drying, freezing, curing, pickling and even cellaring (yes, putting your food in a root cellar; grandma did know best, didn’t she?)

For beginners, dehydrating and freezing foods are a snap—and no special equipment is required.

Freezing

When it comes to nutritious preserved foods, freezing is second only to fresh foods. While freezing can affect the texture of some foods, most vegetables, fruits, meats, soups, and even herbs can easily be frozen in airtight containers for use all year long. The key is to start with cold foods so that the time it takes for them to freeze is very short. This minimizes ice crystals and preserves the color, texture, and taste of your foods.

Try freezing cold berries or chopped vegetables in a single layer on a baking sheet. Once frozen, transfer to a freezer bag or Mason jar for storage. You’ll be able to pluck a single berry or measure 2 cups worth from the container without defrosting the entire batch.

Fresh herbs, like basil, thyme, mint, and chives, can be snipped into measured teaspoons or tablespoons and frozen in ice-cube trays topped up with water. Stored in a bag in your freezer, they’re recipe-ready almost instantly.

And remember; a full freezer is an efficient freezer, so don’t be shy about filling it up!

Did you know? Nuts, seeds, and whole grains can be stored in the freezer to extend their shelf life and prevent spoilage.

continued on page 8
**Drying**

Dehydrating foods is a simple and easy way to keep vegetables, fruits, and even meats stored away until you are ready to use them. Drying preserves foods by taking all the moisture away; without moisture, bacteria growth can be slowed and your foods stay delicious for months—even years. While there are plenty of dehydrators available, many recipes are possible using a regular home oven.

Fresh herbs can be dried in a microwave or just hanging from your ceiling! The best thing about drying is that it uses very little energy, and the preserved foods are lightweight—easy to store and transport (perfect for camping!).

Did you know? Dipping fruit slices in pineapple or citrus juice before drying can preserve their color and prevent browning. It’s delicious, too!

**Canning**

Home cooks have been preserving food in jars for centuries, and these days we have plenty of resources to do so safely and with confidence. Canning does require some special equipment, available at the Co-op and many hardware stores, and recipes designed and tested for safety. After the initial investment in jars, a canner or large pot and tongs, and a few accessories, the expenses are minimal and the results can be phenomenal. Canned goods go far beyond the usual tomatoes and green beans. Modern canning recipes allow you to create unique and memorable foods for gifting or for enjoying yourself.

Did you know? Home-canned goods should be used within a year for optimal quality, but are safe for much longer, as long as safe canning methods were used.

**Fermenting**

Fermentation brings us some of our favorite foods: cheese, yogurt, beer, wine, pickles, and even chocolate. Nearly every culture in the world makes use of the natural preservative effects of fermentation. Fermentation works by transforming the natural sugars in foods into tart and flavorful foods that tend to resist spoilage at cool temperatures.

Fermentation is made possible by the action of beneficial bacteria—the same bacteria that keep our immune and digestive systems healthy. So fermented foods are not only practical, they also deliver a healthy dose of probiotics. Another benefit of fermentation is that no special equipment is required. You can get started with as little as a knife, a cabbage, and some sea salt, and couple of weeks later you’ll be enjoying sauerkraut!

Did you know? Every ferment is unique because of the bacteria and yeasts that are naturally present in the air and foods in that region. The same recipe can taste different across the globe!

**Want to give food preservation a try?**

Check out these recipes for Freezer Pesto and Oven-Dried Tomatoes from Liz McMann of National Co-op Grocers at www.strongertogether.coop. Check out our Homesteading Series classes on Food Preservation with Izetta Chambers.

**Want to learn more?**

The Canning Across America and National Center for Home Food Preservation websites contain a wealth of information. Also, your local agricultural extension agent and Food Conspiracy Co-op are good sources for written information and classes to help you can, cure, freeze, pickle and dry this season’s abundance.

**References**

*The Ball Complete Book of Home Food Preserving*, Judi Kingry and Lauren Devine, Robert Rose, 2006


**NEW INFORMATION ABOUT THE VOLUNTEER PROGRAM!**

Beginning January 1, 2018, all volunteers will be receiving a one-time coupon for their hours worked in place of a volunteer discount at the register. Coupons were first issued to owners for attending Board meetings and now for consistency will be used for all volunteer opportunities.

In addition, we are creating a new volunteer selection and placement process and developing new exciting volunteer opportunities. We are looking forward to better connect owner skills with Co-op needs.

We are looking for enthusiastic owners with a little spare time, an ability to commit, and skills you’d like to share with us. If you have recently volunteered or are interested in getting enrolled in the new selection process contact Kelly at outreach@foodconspiracy.coop for an application.

**On the Cover**

Cover art for this issue of Conspiracy News is by Jill Lorenzini. The desert mandala is of velvet and screwbean mesquite pods, desert ironwood and palo verde seeds, dried cholla buds and barrel cactus seeds. You can see more of Jill’s artwork at www.lorenziniworks.com

We are seeking original art or photography as well as contributors for the next issue. **Deadline is February 1.**
by Kelly Watters, Education + Outreach Manager

Our newly offered cookbook *Eat Mesquite and More*, *A Cookbook for Sonoran Desert Foods and Living* by Desert Harvesters, answers the greatest question I have: How to fearlessly and consciously make flavorful delicious dishes using native foods. I wanted to find out the method to the culinary madness of such extraordinary flavors.

This quest took me to one of the cookbook contributors Barbara Rose’s Bean Tree Farm. Barbara is a Desert Harvester, longtime Co-op member, and permaculture designer. I wanted to know how she approached enigmatic flavors of the Sonoran Desert and how she concocts such delightful results. I love her salts, sauces, salsas and chutneys. What I found are three main principles: 1) Be fearless. Don’t be afraid to try and taste. You don’t have to be an expert. Start with mesquite, prickly pear or nopales and then move on to berries. 2) Don’t get stuck in a recipe mindset. Look for fundamental patterns. Find them in conventional foods, like a salsa, and then begin replacing the ingredients with wild foods. 3) Thank, learn from and contribute to the people and traditions of the desert in the best way you can. Barbara says the very first thing that to do is get outside and taste. Bean Tree Farm is an education center, residential community and 20-acre Ironwood and Saguaro forest sanctuary, where “farming” means harvesting, caring for and teaching about Sonoran desert foods and living. Yes, there are chickens, water harvesting and small kitchen gardens with bright green herbs and greens and crossed chiles from a chiltepin and patagonia peppers. But this farm is far outside of what you might have in your mind when you imagine a farm. Bean Tree Farm disrupts your thinking and forces you to see the abundant resources of the Sonoran Desert right in front of you. In this place you are called to get to know it, partner with it, and cultivate its ancient saguaro forest.

“Nearly everything growing in the desert is edible or medicinal, usually both,” says Barbara. With little homework at the library or a visit to a Desert Harvester event, Barbara says, “You are off to discovering the tastes and healthful bounties of the desert.” Her knowledge originates from lifelong curiosity, sense of place, and learning from elders. Barbara rejects being called an expert despite her extensive design, building and cooking experience. She believes being fearless is shedding the need to feel like you must be an expert. Barbara suggests a visit to Desert Survivors, asking about edible plants and integrating them into your home landscape. She also suggests the Desert Harvesters website or a class at Bean Tree Farm to begin to see the desert as a living food forest.

Barbara advises to approach a comfortable recipe but remember those five essential flavors: sweet, sour, bitter, salty and umami. Those five flavors are the beginnings of any delicious, flavorful dish. Barbara approaches building and creating with the same awareness of fundamental patterns. “Then you can begin to see what is the fundamental pattern of a great house or a great salsa,” she says. “Cooking is no different from building and in the end you get something to eat that is fun and delicious and social” says Barbara. With the Prickly Pear Borscht recipe from the book, Barbara looked for the five essential flavors and incorporated them into her understanding of her family’s favorite borscht recipe from her Eastern European roots. You will note that her recipe is only three sentences long! The fundamental pattern of the borscht is to sour or ferment the beets, in this case Barbara uses prickly pear juice.

The last principle, Barbara states, is to honor the people and place of the Sonoran Desert. For Desert Harvesters that means caring for and replanting or re-wilding your neighborhood, community garden and yard with Sonoran desert plants. Barbara at Bean Tree Farm and the Desert Harvesters espouse a philosophy steeped in this ethic. Their base is an appreciation and respect of place, plants, and people who share knowledge of the desert. This awareness comes from seeing your part in the natural system as Barbara says and finding out what is your role in it. “Whether it’s a business, building or a salsa, it needs to be place-based, contributing to the natural system in which it is nested.”
New Member of the Management Team

John Glennon is the new Grocery + Wellness Manager at the Co-op but he is not new to co-ops. John comes to Food Conspiracy from the Sierra Vista Food Co-op in Southern Arizona. Prior to that, he spent time at the U of A and NAU studying applied cultural anthropology with an emphasis on sustainable food systems and cooperative economics. Now coming full circle, John first heard about the people powered movement behind co-ops while taking an anthropology of food class at the University of Arizona. He interviewed the managers of Food Conspiracy at the time and was attracted to the community-focus of the organization.

John sees food co-ops as one of the fundamental supporters of local. Co-ops have a way to authentically represent the locality they are a part of. When asked about what foods represent Tucson he said the amazing Mexican food and the craft beer scene. “Locality is not replicable—it is the antithesis of the national supermarket chain.” Co-ops, a true representation of our locality, are each a unique expression of the community in which they reside. As an anthropologist, John describes food and people as the driver for inquiry. “I see food as a nexus for different types of meaning that we create in the world.”

All anthropological philosophies/theories aside, as a Grocery Manager, John is truly committed to the cooperative model and is excited to be part of the management team at Food Conspiracy. “I am happy to be part of a team tasked with developing solutions from the bottom up.” he says. When not problem solving at Food Conspiracy, John enjoys exploring the outdoors by bike and playing bass in local band Brass Tax.

New in Grocery + Wellness are:

Special orders. Now it’s really easy to get what you love, get it in quantity, get what we don’t carry. Special orders are now 20% off for owners and 10% off for non-owners.

Look for new Flash Sales on fresh items and single items throughout the store. These sales will last several hours only. They will pop-up in the store and be announced on Twitter, Instagram and Facebook.

Monthly Wellness Wednesdays: beginning in February we will offer a regular monthly discount of 15% off supplements for Co-op owners and 10% off for everyone. Wellness Wednesdays will be the first Wednesday of the month.

The following is an excerpt from the new book by Desert Harvesters and the story within it “From Food Forest to Kitchen: Barbara Rose and Bean Tree Farm” by Kimi Eisele.

Barbara cooked for a living on and off after leaving home—at daycare centers, a college, and Head Start. But she says her inspiration to be creative in the kitchen came from her father, a fisherman who loved to cook.

Although they often differed on what a woman in the 1950s and ’60s should be doing, she said, “I just remember his pleasure and his creativity when he was in the kitchen. He messed around—he never used a recipe, and it was always really good.”

Barbara has taken that experimental spirit into her creations with desert foods. Again, her understanding of patterns has given her confidence to try new things based on what she already knows.

“If food is a whole bunch of flavors and colors and textures and sweet, sour, umami, and bitter and you understand the patterns of what makes food taste good to you and your family, then you can experiment,” she said.

That’s how she came to create a local, place-based version of borscht, the dark pink beet soup of her Ukrainian ancestors. “I just thought, what’s sweet, sour, wet, salty, fermenty, and pink? Oh, prickly pear! Let’s try it.”

She replaced beets, which require more water to grow in this desert climate, with prickly pear fruit, abundant atop Opuntia varieties every summer. Her Prickly Pear Borscht (p. 159) marries the colors and texture of the traditional soup with a new, fresh desert tang.

All it came from paying attention to the food forest in her midst. “That’s what I was trying to distill into the borscht experience, that sense of observation, experimentation, and place,” Barbara said.

Indeed, Barbara thinks of her offerings not as “education” but as “inspiration,” a way to foster a love for a place and its flavors. “You can learn about desert foods and see if you like them,” she said. “Then you can take care of the land that produces them and play with them and see what you get.”

Eat Mesquite and More, a Cookbook for Sonoran Desert Foods and Living as well as some native food ingredients are available for purchase at the Co-op.

Desert Harvesters, Food Conspiracy and Antigone Books are partnering up for a desert foods and literary event with a reading from the cookbook and a sampling of desert foods on Friday, February 16 - 7pm at Antigone Books.

Prior to the event at Antigone’s, Barbara Rose and Jill Lorenzo of Desert Harvesters are cooking up a special class event. Stay tuned for more information.

Food Conspiracy is accepting applications for the 2018 Cooperative Community Fund. The endowment we hold at the Twin Pines Foundation and grow with other food co-op participation develops cooperative enterprises. Every year, the earned interest gets distributed to local non-profits through the “Give Where You Live Campaign.”

Applications are available at www.foodconspiracy.coop under “Donation Requests” and “Cooperative Community Fund.” Applications are due by Friday, February 16, 2018.
WAYS TO SAVE AT YOUR CO-OP

SALES FOR EVERYONE

Did you know the FRESH DEALS flyer is posted every Wednesday on our website on the front door, Co+op Deals flyers every other Wednesday online & in the store? Making it easy to plan meals and shop our great sales!

co+op basics

Great deals for everyone on local, regional, and national brands you love.

co+op deals

Everday low prices for everyone on basics like bananas, milk, bread and multivitamins.

BUILD YOUR OWN SIX PACK

Buy any 6 bottles of beer or wine (mix & match) get 10% off.

PICK SIX AND SAVE 10%

Bring your own shopping bags and save! Single use paper bags 10 cents each.

BYOBB

Bring Your Own Bag! Save 10 cents when you Bring Your Own Bag

FOOD CONSPIRACY OWNERS

GET WHAT YOU LOVE
GET WHAT YOU WANT
GET IT IN VOLUME
SPECIAL ORDERS ARE EASY

Stock up! Owners receive 20% off on Special Orders. Call or visit staff for more information. Not an owner? Join today! Non-owners receive 10% off special orders.
Now Sowing
by Justine Hernandez, Pima County Seed Librarian

Sow by Justine Hernandez, Pima County Seed Librarian

Editor’s note: Three Cheers for Chard! The underdog of the superfoods
Cruciferous or green leaf. Cooked or raw. Superfood or powerhouse. Keeping up with all of the latest health benefits of greens can be daunting. When the Seed Library wanted to write about acelgas or chard, it was a welcomed opportunity to tout the often times overlooked benefits of the hearty desert-adapted green—and we found proof! A study published by the Center for Disease Control of the “41 powerhouse fruits and vegetables” ranked by the critical nutrients they contained found that chard was third highest with 89.8 and watercress had the highest possible score of 100. Kale the self-professed superfood hero came in at 15th with 49.07. Chard is high in iron and contains lots of sodium so no need to add salt on your steamed greens.

Gather your seeds
Swing by your local Pima County Public Library Seed Library branch and check out a packet of Magdalena Acelgas seeds, a Swiss chard variety, to plant in your cool weather garden.

Typically by January, if we were going to plant chard in our gardens we would have likely selected the seeds in October or November. But this variety of chard is special. Magdalena acelgas is a more heat-tolerant chard than most Swiss chard varieties, because the crops from which the Magdalena acelgas seeds originated are the fields of Jesus Garcia’s family. These acelgas have been grown for many generations in Magdalena de Kino, Sonora, Mexico, an agricultural community about 50 miles south of Nogales. And more recently they’ve been grown at the Mission Garden. Many will recognize Jesus Garcia as one of the folks behind the Kino Heritage Fruit Trees Project, so it’s only fitting that he and his family would share this arid adapted Mission era crop with his community in Pima County.

So our gentle nudge to have you to get this particular variety planted in your garden immediately has as much to do with the joys of noshing on it—a flavor that is earthy but not too salty and is easily enjoyed raw as it is sautéed—as it does with adding to the story of how this desert-adapted green can nourish a community.

Advancing your seed saving skills
Up until now, we’ve steered you toward saving seeds from self-pollinating garden crops, which means the plant’s reproduction needs can be fulfilled all by itself because its flowers are both male and female and sexually compatible. These are crops we consider “easy” for beginning seed
savers because they are less likely to be pollinated by another plant variety within that species. Chards, on the other hand, are considered an “advanced” seed saving crop because they rely on wind to transfer their tiny pollen from one plant to another, so any plants within the same species (*Beta vulgaris*) that is flowering at the same time and within a certain distance will cross-pollinate with one another. The minimum recommended distance between flowering *Beta vulgaris* varieties to prevent cross-pollination is 800 feet. These microscopic pollen really can move! What does this mean for you, the seed saver? It just means you’ll want to plan ahead a little and take certain precautions to prevent cross-pollination.

All chard varieties are in the species *Beta vulgaris*. Beets also belong to the species *Beta vulgaris*. Beets are essentially chard that was bred by our agricultural forebearers to develop an edible root that stored well over the cold winters in pre-refrigeration Europe. If you’re planting beets and chard in your garden during the same season and are committed to saving seed from your chard, you’ll want to keep the beets from flowering so they don’t cross-pollinate with the flowering chard. This is actually easier than it might seem, as most gardeners are harvesting their beets well before they send up their flower stalks, which is usually when the temperatures warm up.

Beets and chard are also biennial, meaning they have two growing phases: their edible phase and their reproductive phase. These phases or seasons are linked together by a necessary period of cold called vernalization. Vernalization triggers the plant to enter its reproductive stage which will eventually lead to the flowering of the plant.

**Sowing your seeds**

Directly sow your Magdalena acelgas seeds about 2” apart and 1/2” deep. What we know as chard or beet seeds are actually the dried, indehiscent fruits that contain up to 5 seeds, this necessitates that you thin out your seedlings to about 4-6” apart. As you sow your seeds, think about how many plants you’ll want for edible harvests and how many you’ll need to keep for saving healthy, viable seed. The minimum number of plants to keep for seed saving is 5, but if you have space, more is better as it increases the genetic variability.

A quick note on space: seed saving can be a garden-space hog and it can also leave your garden looking neglected rather than the well-tended and verdant spaces we equate with a hearty garden. However, if you want to be rewarded with not only the gift of seeds, but also that of a deeper connection to the cycle of life in your garden, you have to acquiesce to the mess.

As you harvest your Magdalena acelgas for food, some harvesting of the greens from the plants is okay, but no more than 25% of the leaves. Be strategic in which plants you choose to harvest completely so as to leave roughly 2 feet between the plants that will remain for seed.

**Seed harvest**

The warmer temperatures of late spring will signal reproduction for the remaining acelgas in your garden, with each plant sending up a flower spike which will sprout dozens of tentacle-like stalks along its main spike; these stalks are where the flowers will form. The flowers aren’t showy but they are plentiful as they stretch along the whole length of the stalk. As the flowers begin to set into the seed-bearing fruit we think of as the seed, they will look like little green knots.

The seed-bearing fruits will continue their maturation and go from green to light brown starting from the base of the stalk and progressing outward. At this point, you can harvest the brown mature seed daily or wait for the whole plant to be about 2/3 brown and cut stalks at the soil line, keeping seed heads bagged to collect any that shatter as they continue to dry. Keep the drying stalks in a cool, dry place for a week or two until completely dry.

**Cleaning**

These little seeds are spiky, so unless you have heavily calloused hands, we suggest you wear gloves when you drag your hand along the individual stalks to strip the seeds off. If you have an abundant harvest, this method might feel too time-consuming. In that case, you can opt to thresh your dried plants in a plastic tub. After you’ve threshed and discarded the more obvious sticks and plant debris you can borrow seed cleaning screens from the Main Library and further clean the chaff from the seeds.
Storage
Store completely dry seeds in clearly labeled envelopes, baggies, or jars kept in a cool, dark, and dry space.

Share!
More than anything, we hope your seed saving adventures are full of learning and fun. If you are successful in saving seed, we invite you to share the fruits of your labors with friends, neighbors, and of course, the PCPL Seed Library!

Learn more
Get out and attend one of the gardening or seed saving programs happening at the public library or the Community Food Bank of Southern Arizona. And if you can’t make it to a program, check out one of the many, beginner-friendly books on gardening and seed saving available at the library.

Acelgas seeds

Tunisian Soup with Chard and Egg Noodles by RUTH COUSINEAU
Source: Gourmet 2009

INGREDIENTS
- 1 teaspoon cumin seeds
- 1 pound Swiss chard or Mexican acelgas, stems and center ribs chopped and leaves coarsely chopped (reserve separately)
- 1 medium red onion, chopped
- 2 large garlic cloves, minced
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons tomato paste
- 2 quarts rich and flavorful chicken stock; or 5 cups reduced-sodium chicken broth diluted with 3 cups water
- 1 to 2 tablespoons harissa or other hot sauce (to taste)
- 1 tablespoon fresh lemon juice
- 1 (19-ounces) can chickpeas, rinsed
- 4 ounce fine egg noodles (about 1 1/2 cups)
- Equipment: an electric coffee/spice grinder
- Accompaniment: lemon wedges

PREPARATION
1. Toast cumin in a dry small heavy skillet (preferably cast-iron) over medium heat, stirring, until deeply fragrant and dark brown (be careful not to burn). Cool, then grind to a powder in grinder.

2. Cook chard stems, onion, garlic, 1/2 teaspoon each of cumin and salt, and 1/4 teaspoon pepper in oil in a large heavy pot over medium heat, stirring occasionally, until beginning to brown, about 12 minutes. Add tomato paste and cook, stirring, 2 minutes. Add stock, harissa, and lemon juice and simmer, covered, 30 minutes.

3. Add chard leaves, chickpeas, and noodles with 1/2 teaspoon salt and simmer, covered, until tender, about 7 minutes.

4. Serve soup sprinkled with remaining cumin.

Cooks notes:
Soup, without noodles, can be made 3 days ahead and chilled (covered once cool). Bring to a simmer and cook noodles in soup before serving.

Editor’s notes:
You can substitute chickpeas for Tohono O’odham peas available in April 2018.

2018 BOARD MEETING SCHEDULE
New date! The Board of Directors will meet the fourth Wednesday of the month at 6pm for a light dinner. Meeting begins at 6:30pm

WEDNESDAY, JANUARY 24
WEDNESDAY, FEBRUARY 28
WEDNESDAY, MARCH 28
WEDNESDAY, APRIL 25
WEDNESDAY, MAY 23
WEDNESDAY, JUNE 27
NO MEETING IN JULY
WEDNESDAY, AUGUST 22
WEDNESDAY, SEPTEMBER 26

Communicate with the Board via email board@foodconspiracy.coop
EVERYONE SALES
EVERYONE CAN SHOP. ANYONE CAN JOIN.

FOOD CONSPIRACY
CO-OP

BIG GAME SNACKS

JAN
15% off chips, salsas & dips

17 - 30

FEB
15% off select body care

7 - 13

FEB
15% off meal replacements

14 - 27

MAR
15% off cereals

7 - 13

MAR
10% off Arizona beers

21 - 27
An Antigone Books Review: Tucson is Abloom with Authors

By Kate Stern, Antigone Books

Local New Releases

**Rebellious Mourning: The Collective Work of Grief** edited by Cindy Milstein

*Rebellious Mourning* is a powerful essay collection that discusses the public sharing of loss. This book examines how trauma, such as natural disasters, border issues, racism, sexual violence, and war are not only personal, but also collective experiences. Through *The Collective Work of Grief*, we are shown that public mourning is a political act and can lead to the rehabilitation and healing of individuals and society through dialogue, empathy, and solidarity. Among the thirty-two contributors to this collection, writers Wren Awry, Harmony Hazard, and Lee Sandusky live and work in Tucson.

**Lost Almost** by Amy P. Knight

Amy P. Knight’s debut novel centers around renowned nuclear weapons physicist, Adam Brooks. His genius is revealed through the insights of himself and those around him, building a galaxy of characters whose relationships reflect the complexity of human connection. *Lost Almost* is a thoughtful rumination of heart and mind.

**Everything You’ve Ever Done** by Amelia Whalen

“This book broke my heart while making me laugh out loud, and ultimately left me in the presence of love. It’s a wise and brave book in which the author shares herself authentically while holding nothing back from us. It is a gift to the world.” —A customer review. Mark your calendars! Amelia Whalen will be reading at Antigone Books on Friday, January 26 at 7pm.

**Eat Mesquite and More** by Desert Harvesters

This new cookbook is a Sonoran Desert dweller’s perfect companion in the kitchen and at home. It begins by featuring a ‘Desert Harvesters Manifeasto,’ a poem by local poet Ofelia Zepeda, and a forward by local author Gary Nabhan. The book also includes a harvest calendar for wild desert foods and notes on eating seasonally. While the focus of this book is mesquite, readers are educated on other locally sourced foods such as saguaro fruit, desert ironwood, acorns, prickly pear, chiltepin, and desert chia. Recipes include vegan pancakes, Sonoran latkes, acorn burgers, chiltepin beet hummus, chiltepin cold brew, desert bloom granola, desert lavender tequila, cholla bud pico de gallo, and candied barrel fruit slices! This cookbook is an in-depth celebration of regional flavor and local tradition.

**Best of FST!: Female Storytellers Anthology Volume 1** edited by Melanie C. Madden and Leigh D.C. Spencer

This story collection features some of the most talented voices of Tucson. Each story was originally composed as a monologue, lending to the oral tradition of storytelling and encouraging the use of voice and expression. Readers will laugh out loud and shed tears, relishing in the unique personality of each story. The Best of the FST! compilation is moving, insightful, and empowering! The Female Storytellers can be heard live on Wednesday nights, 7pm, at the Flycatcher on 4th Avenue.

Antigone Books author events generally take place in-store on Friday nights in winter. All events are free. See the event schedule at www.antigonebooks.com/events
FOR OWNERS
Happy Birthday Co-op Owners!
Saturday, February 3
Conspiracy cake · Isabella’s ice cream · food demos
all Co-op owners get 10% off 0-$74.99,
15% off $75-$149.99 & 20% off $150 and up*
*Maximum discount 20%. Does not include special orders, gift cards or classes.

FOR EVERYONE
Street Fair Sale Wednesday, February 28
Come stock up before the 4th Ave Street Fair
10% off of purchases of $25 or more for everyone*
*Does not include special order, gift cards or classes.

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Meet the Woman Who’s Boosting Arizona’s Mom-and-Pop Business Culture

by Fran Korten, YES! Magazine www.yesmagazine.org originally posted Dec 13, 2017

One strategy is to reintroduce people to their towns, show them what they can buy locally, and dispel the myth that it’s more expensive.

Kimber Lanning stands at just 5 feet 1 inch. But in the Arizona economic landscape where she acts as a fierce advocate for local economies, she is a giant.

In 2003, Lanning started Local First Arizona. She was the only employee, and didn’t take any salary. Now, with 3,200 members, it is the largest coalition of local businesses in the country. The coalition’s staff of 24 manages programs ranging from an annual local business fall festival to the state’s first directory of locally grown food to a program in Spanish for micro-entrepreneurs.

“I saw how unfair the competition is for local businesses.”

Lanning is widely recognized for her work. Even though she finds traditional economic development planners to be frequent adversaries, in 2014 the International Economic Development Council awarded her a Citizen Leader of the Year Award. She considers that a turning point in planners’ recognition of the value of local businesses. Arizona Business Magazine named her one of the 50 most influential women in Arizona, and the American Planning Association named her Distinguished Citizen Planner for her work on the reuse of old buildings. In November, at a conference of the nonprofit Business Alliance for Local Living Economies, for which Lanning is an incoming co-chair, Lanning told me of the sources of her passion for local business.

Fran Korten: Kimber, what propelled you to start Local First Arizona?

Kimber Lanning: I was angry. I wanted to expose the horrible subsidies being given to big corporate chains. I own a record store that I started when I was 19. And I saw how unfair the competition is for local businesses. For example, in Glendale, Cabela’s got a $68 million subsidy. Bass Pro got $32 million. And I began to see the fallout. You’d read that Bass Pro is to create 160 jobs. Yet, I’m going over to Lorada’s Army Surplus and they’re closing. They say the city just took the income tax, the property tax, the sales tax that they’ve been paying for the 30 years and incentivized the competition to put them out of business. So I wanted to level the playing field for locally owned businesses.

I also wanted to strengthen people’s connection to place. In Arizona, a lot of people have moved here from Chicago. They are always talking about how great Chicago is. So I asked people why they love Chicago. They would say, “In my old neighborhood, I knew all the store owners.” One guy said, “I had the same barber for 40 years, and I come out here to Phoenix and all you guys have is Supercuts.” And I said, “This is so unfair. You give me 20 minutes and I’ll find you 20 barbers.” And he said “Really? Where?”

So I realized I’ve got to introduce these people to my world and the rich culture we have amongst the locally owned businesses. In Phoenix I put together a fall festival where I had all these businesses in one place. We are so geographically spread out that you never see them in one place. Put them all together and people started to go, “Wow. There is some cool stuff going on right here.”

“Don’t support mom-and-pop because mom and pop need you—support them because you want your children to have a job.”

Korten: You make the connection between buying local and having a thriving local culture and economy. Do you think other people see that?

Lanning: Generally they don’t. One of my mentors, Eddie Basha, told me this story. He owned a group of local grocery stores. The husband of a couple who were long-time customers died. Eddie called the widow and offered to provide all the food for the service. She was incredibly grateful. But he also told her, “I can’t bring the drinks.” And she said, “Oh, don’t worry, I’ll pick up the drinks at Costco.” When I tell that story, people in the audience gasp because they’ve done exactly that. We’re so disconnected from how the economy works that we believe we can put money into these big corporate entities and our friends who donate food when your husband passes away will survive and be there for you. And I’m here to tell you that they won’t.

Korten: After the Trump election, a lot of people are paying more attention to jobs in rural areas. You’re based in Phoenix. How does Local First Arizona work in rural areas?

Lanning: Rural towns have massive economic leakage. Amazon is the biggest threat facing rural America. People in rural communities tend to either buy online or travel to Tucson or Phoenix to spend their money. They don’t connect that to the fact that the town can no longer balance the budget because they don’t have sales tax revenue coming in and the storefronts are boarded up. You know, the jobs they lose aren’t just baristas. It’s the graphic designer, the payroll service provider, the accountant. Those jobs go away when you lose local businesses. I always tell people, don’t support mom-and-pop because mom and pop need you—support them because you want your children to have a job.
At Local First Arizona we make sure that these local businesses have the tools and resources they need to compete. One program we do is Mythbusters. People in rural areas will tell you, “I can’t buy this here.” So we reintroduce them to their town, showing what they can buy locally. And we dispel the myths about how expensive it is. I had a guy just barely hanging on, selling appliances in the town of Ajo. Everybody said he’s too expensive. They go buy in Tucson, which is two hours away. So I compared his prices with those in Tucson. Sure enough he was more expensive. But I factored in my gas to get to Tucson and back and the fact that, say, for a washing machine, I’d have to get a trailer to bring it home. And I’d have to pay somebody to haul away my old one, whereas he would do that for free. You stack those up and he was actually cheaper. After our Mythbusters program, his business is up significantly.

Korten: Arizona has a lot of Latinos. How do you reach them with your programs?

Lanning: Our Fuerza Local program is a six-month business accelerator program taught in Spanish. We help Latino micro-entrepreneurs strengthen their businesses.

Korten: What’s an example of a business you have helped with that program?

Lanning: We have many remarkable examples. We had a wedding cake baker whose business was all word of mouth. She had no marketing and no formal contracts. She had been sold three kinds of insurance that she didn’t need and was paying 48 percent interest on her loans. She had no health permit, no business permit. She was just a great baker. People would ask her to bake their wedding cake. She would quote, say, $500. But she’d go to deliver the cake and they would say, “We’re sorry. We only have $275.” So she would leave the cake and just feel sad.

After graduating from our Fuerza Local program, she enrolled in a credit union where she got a 6 percent interest loan and paid off all of her bad loans. We got her the right kind of insurance. GoDaddy donated a website. We got her up on Facebook and helped her develop contracts. I remember her face when I explained that she needed to ask for 50 percent down when a customer placed the order. She said, “I can’t do that.” I said, “Don’t bake a thing until you’ve got 50 percent in your hands.” Now, three and a half years later, she’s in a commercial kitchen. She has six full-time employees and she has a contract with Bashas’, the biggest locally owned grocery store.

“Both the millennials and the baby boomers are speaking loudly with their wallets.”

Korten: Does anyone oppose your work in building up local businesses?

Lanning: Absolutely. One group is the traditional economic developers. Their whole mission is creating jobs by giving away massive corporate subsidies. Just like everybody’s jockeying for Amazon right now. But that’s changing. In 2014 the International Economic Development Council awarded me a Citizen Leader of the Year Award. That was an acknowledgment that local economy work is important. Now they’re bringing in more people at their conference who are talking about a new way of doing economic development.

Korten: Who are your biggest supporters?

Lanning: Local businesses, of course. Moms who care about healthy food and the future for their children. Young people who want to make change in the world. They are jumping in with both feet because they don’t like the way the corporations are treating the world. But they exempt Amazon from their concern with big corporations because they like the convenience.

Both the millennials and the baby boomers are speaking loudly with their wallets. Generally they want to place relationships first. They also want a unique experience. They may not be thinking about voting with their dollars, but you look at a comparison of craft beer versus Budweiser sales and you will see that people are voting for something unique. So when you ask who is with us, it’s the people who are choosing relationships.

I believe the American public is being divided into two camps—one that prioritizes convenience, the other that prioritizes relationships. The latter is something the media never anticipated. They were beating the death drum for local independent businesses. But local businesses are climbing back. More record stores opened in the last two years than opened in the 20 years before that; more bookstores have opened; more independent coffee shops have opened than Starbucks branches.

“People can see that the dominant system is failing them and their families.”

Korten: Do you feel that local businesses advance sustainability and justice?

Lanning: I think local business owners inherently care more about the community than a nonlocal corporation that’s answering to shareholders who don’t live in the community. They’re more likely to care about long-term sustainability because it affects their children. Sometimes sustainability and justice are baked right into the programs that support local businesses. Take our program to repurpose old buildings. There’s nothing greener than keeping an old building rather than tearing it down and building a new one. There’s a study called Older, Smaller Better, which demonstrates that communities that preserve their older building stock have more jobs per block. They support more businesses owned by people of color. They provide a unique sense of place. They are vital incubator spaces for small businesses. People say we want more entrepreneurs, but then they mow down the older buildings and put in big ones where there’s no place for entrepreneurs. With the cities of Phoenix and Tucson, we’ve streamlined the process for a new business to open in an older building. Phoenix has the most progressive adaptive reuse program in the country. We have about 85 new businesses right in our city center to show for it.

Korten: How did you get the city to keep the old buildings?

Lanning: I just said if we don’t protect our older buildings that usher in entrepreneurs and create a unique sense of place, we’re not going to be competitive. That word “competitive” makes my conservative audiences sit up and listen.

One issue we had to deal with in order to keep the old buildings was the requirement that stores have ADA accessible bathrooms. If you put bathrooms in each of these small stores, it would take up a third of the floor space. I said why can’t we do a district bathroom so the building owner only has to put in one set? I got the attorneys who defend the Americans with Disabilities Act to come to the city council and agree on that solution. With this change and other new policies, we’ve saved countless buildings and made it easier for lots of new businesses to get their doors open.

Korten: You have a passion for local businesses. Do you think it’s possible to reach new audiences with this perspective?

Lanning: Yes. People can see that the dominant system is failing them and their families. And it’s failing the Earth. They’re looking for something that they can really put their shoulder behind.
Calling all Co-op owners!

Important information about 2018 Co-op elections

1. Voting for Co-op elections begin in March and continues through March ending on March 31, 2018.

2. This year’s election includes a vote on Co-op policy that directly affects membership benefits, electing Board members, selecting Cooperative Community Fund recipients, and Round Up organizations for 2018.

3. The Annual General Meeting is Sunday, March 4, 2018 from 4pm to 10pm at Borderlands Brewery. Members will have the opportunity to meet Board candidates, learn more about propositions on the ballot, and enjoy local food and festivities.

4. Candidates sought to join the Food Conspiracy Board of Directors. Applications are encouraged until the closing date of January 31, 2018 and are available on the website www.foodconspiracy.coop under “About Us” and “Board of Directors.”

Questions? email board@foodconspiracy.coop

Annual Meeting is Sunday, March 4, 2018 from 4 - 10pm at Borderlands Brewery!