COOPERATING

SEVEN COOPERATIVE PRINCIPLES

- Voluntary Membership
- Open Membership
- Democratic Member Control
- Cooperation Among Cooperatives
- Autonomy & Independence
- Concern for the Community
- Education and Training

FOR CHANGE

Open Daily, 7 am - 10 pm
412 North 4th Ave
(520) 624-4821

www.foodconspiracy.coop
EVERYONE CAN SHOP, ANYONE CAN JOIN.
From the Back of the Editor’s Mind:
Kelly Watters, Conspiracy News Editor

Now that October has finally arrived not only do we rejoice in cool temperatures, beautiful fall light, outdoor fire pits and bicycle weather, the worldwide Cooperative Movement celebrates Co-op Month. While co-ops are not as common in the Southwest as they are in the Northeast and Midwest we are highlighting similarly designed mission-based and community-supported organizations that are the lifeblood for many Tucsonans. We are thrilled to announce one new local company, Technicians for Sustainability, joins the co-op family as an employee-owned cooperative! Read here about how they are purposefully engaged in shifting their industry while bringing access to renewable energy.

The arrival of fall in the Old Pueblo signifies membership drives for many including KXCI Community Radio, Arizona Public Media, and the Loft Cinema. These Tucson institutions, like the Co-op, exist because of the community. You are the reason we are here.

October also kicks off the Food Conspiracy’s fiscal year. We are making 2017-2018 the Year of the Store Floor starring YOU, our owners, shoppers and community. Read about the Co-op’s new relationship with Barrio Bread in Generally Speaking, the manager’s column and changing leadership and direction in the Board Report. The Co-op is constantly evolving, improving the store, introducing new products, promotions, people and programs as we become the best grocers we can be. Come and see for yourself at the kickoff of Co-op Month on Saturday, October 7th. All owners get 10% off everything. Can’t make it? You can take 10% off one shopping trip of your choice in the month of October. Not an owner yet? Join in October and discover your Co-op, your community and tell your friends about what’s possible here!

REGISTER ONLINE or update your information IN-STORE to get Food Conspiracy in your inbox

Help us save paper by signing up for a digital newsletter and e-receipts. Next time you are in the store ask to update your mail preferences online under contact us.

Sign up to receive the Conspiracy News in your inbox

BYOB Bring Your Own Bag!
Let’s Make the Switch

While shopping in the last couple months, you’ve most likely been provided with a reusable shopping bag with a purchase $25 or more. In an effort to transition from single use paper shopping bags, beginning October 1, Food Conspiracy will charge 10 cents for each single use paper shopping bag that we provide. We will continue to have recycled cardboard boxes while supplies last and a variety of reusable bags available starting at $2. Let’s all get in the mindset of reuse, reuse, reuse. Thank you in advance for your participation.

Together we can do this!

We’re searching for writers, reporters, and photographers, and original cover art for the next issue of Conspiracy News. Submissions are due by December 1. Email outreach@foodconspiracy.coop with ideas or suggestions. Food Conspiracy owners who participate in the newsletter can qualify for a shopping discount.
Conspiracy Classes & Events

*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 resume the regular Yoga hours Tuesdays 5:30 - 6:30 p.m. followed by a guided meditation beginning Tuesday, October 24.

Board of Directors Meetings
Every 1st Wednesday of the Month. All owners welcome. Stay involved in Co-op decision making and accrue time towards a Co-op discount for your attendance (owners receive two 5% discount coupons per household for a one-time shopping trip that month). A light dinner is served at 6:00 p.m. Meeting starts at 6:30 p.m.

SONORAN DESERT SERIES
Food Conspiracy is hosting monthly Sonoran Desert Series classes that introduce the Sonoran Desert and present the main native edible plants that make up the food palette. The series ends with preparing and sampling desert foods and each class features a seasonal snack! Presented by Desert Harvesters. There are two classes left in the series in October and November.

How to Localize Your Food with Jill Lorenzini
Monday, October 16 • 6:00 p.m. - 8:00 p.m.
We have many choices when it comes to feeding ourselves—for now. Inventory these choices and understand the benefits, embodied energy, and consequences of your food choices. Native perennial wild foods, traditional native cultivated crops, heritage foods, locally grown crops, regional foods, local seeds and plant starts, local soil amendments, etc. Explore the richness of edges and adjacencies: Sky Islands, Sonora MX, Baja, CO River Plateau and other SD subdivisions, Mojave Desert, Chihuahuan Desert, Gulf of CA. Cost: $10

Caring for & Potting Succulent & Cacti with EcoGro & Brendan Woltman
Saturday, October 21 • 10:00 – 11:00 a.m.
Join EcoGro and Brendan Woltman for a fun class about planting and maintaining Cacti and Succulents. Learn about potting to achieve happy and healthy plants that thrive. Each participant will plant their own succulent in our Super Soil to take home. Cost: $10

Wildly Successful Eating with Sharon Greenspan
Class 1: Wildly Successful Eating with Sharon Greenspan (sign up for all three at once for $25)
Transfiguring to a New Way of Eating: Becoming Allergen-Free
Wednesday, November 8 • 6:00 – 8:00 p.m.
Whether you are shifting away from gluten/nut/dairy/meat or something else, social 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, to bring them along! Cost: $10

Fermenting Vegetables with Dan Dorsey
Saturday, November 11 • 3:00 - 4:15 p.m.
In this class we will demonstrate how to prepare and ferment a wide range of vegetables available from your garden, farmer’s markets, and the Co-op using just salt to make both sauerkraut and kimchi, both with live active cultures that have many health benefits. We’ll discuss how to make these in your own home with utensils you probably already have around the house and without the need to purchase any ‘starter’ cultures. In this class a sauerkraut or a kimchi will be served. Besides being delicious to eat, come find out why kimchi and sauerkraut were declared among the ten healthiest foods by Health magazine. Cost: $8.

Using Sonoran Desert Foods with Jill Lorenzini
Monday, November 20 • 6:00 p.m. - 8:00 p.m.
Sonoran Desert foods, like the place they grow and thrive, are potent, pungent, and unique. Usually a little goes a long way. In this class we will review Uplands AZ native foods palette, guidelines, seasonality, harvesting ethics, and best storage practices. Then we will prepare and sample a feast of desert foods! Series wrap-up, evaluation and celebration. Cost: $10

Wildly Successful Eating with Sharon Greenspan
Class 2: Preventing and Reversing Chronic Disease
Wednesday, December 13 • 6:00 – 8:00 p.m.
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 disease will be discussed. How biofield massage can release 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

Wildly Successful Eating with Sharon Greenspan
Class 3: Dissolving Your Sugar Habit
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!).
• Find strategies to change your habits and that fit into your lifestyle.
• Leave with recipes, tips and knowledge.
Cost: $10
The Food Conspiracy Looks Back, Leaps Forward

Your Co-op has experienced a lot of change in the last year, and it has been invigorating! We have new owners and leadership on both the management team and our Board of Directors, and we are working together in new, exciting ways. We are solving vexing problems and answering burning questions such as: “Is the Co-op relocating?” – No, and “Can we make healthy and organic food more convenient?” – Absolutely. To understand and be part of the renewal that is happening at the Food Conspiracy right now, we invite you to take another good look at your co-op, where it came from and where it is going. The Food Conspiracy is a great food store, and it is truly exceptional, too.

What makes our Co-op different from our competitors is our mission. It does not include maximizing profits. What it does include is a deep commitment to our owners, community and to the values we share. Unlike our more conventional corporate counterparts in the natural foods community, we exist as a member-owned Co-operative Corporation. Our members not only own the Co-op, but they also have the power to control its direction. This allows us tremendous freedoms and the ability to affect real change in our community. Along with providing whole, organic foods in an environment that is humane and fulfilling to both work and shop in, our core values include:

• Social justice – throughout our community and all the way down to the farmer in the field
• Diversity and human rights – openness and integrity in all of our relationships
• Healthy, sustainable ecology – through a peaceful, cooperative effort

Don’t forget we started as a political group. The Food Conspiracy name is not a marketing angle. To quote Paul Rubin, a FCC founder, we moved into a store occupied by a group “that fought for decent housing, accessible and affordable health care, empowering of youth, access to healthy food, and counseling for draft resisters to the Vietnam War” and The Food Conspiracy was founded “so people did not have to rely on profit driven supermarkets and their less than healthy food options”. That was 46 years ago. We don’t print pamphlets in the back anymore, but we are still in that store on 4th Avenue, and we are still passionate about our mission.

The Food Conspiracy leadership is re-committing to all that we stand for, we are fully staffed and energized, and we are developing our long-term vision of what the Food Conspiracy will be in the years to come. You own this co-op and we plan to provide convenient, meaningful opportunities to make your voice heard.

Here are a few ways you, as an owner, can help guide the Co-op in the right direction:

• Participate in a member engagement workshop – work with other owners to let us know what you envision for the Food Conspiracy going forward.
• Attend Board of Directors meetings – see how it works, run for a seat, help develop the vision and make it reality.
• Attend the Annual Meeting – meet the new candidates and current Board of Directors, vote, participate and let us hear your voice, and most importantly, come celebrate with us!

This spring’s Annual Meeting promises to be a powerful opportunity to get engaged, and it will be a great party, too. Everything you need to know will be on our website and in our newsletter. Come be part of your community. Join us, and help the Food Conspiracy thrive, now and into the future.
JOIN in October and Discover YOUR CO-OP!

JOIN and Discover YOUR COMMUNITY
Saturday • October 7

STORE TOURS
every half hour
4 - 7 pm

• demos
• fun
• raffle*

* see back page for details

ROUND UP ⊙ AT THE ⊙ REGISTER

The November Round Up is for the Humane Society of Southern Arizona (HSSA), the oldest and largest nonprofit in southern Arizona serving pets and the people who love them. Their aim is to make a better life for the cats, dogs and other furry friends that come through our doors, but the aim is also to make a better community for everyone. A broad range of programs and services that make up the three pillars of HSSA—Prevention, Shelter and Placement and Education. Money from Co-op shoppers will go towards the K-12 education programs. HSSA is dedicated to educating youth about proper animal care and ownership. Every year, the HSSA’s Education Department provides programs for thousands of children. The vast majority of these programs, including all school-based outreach are free of charge. School-based programs bring humane education right into the classroom, providing interactive lessons on a variety of topics, including the HSSA’s mission and services, basic pet care, animal cruelty prevention and animal-related careers.

Celebrating two years on the air!
streaming online
at www.downtownradio.org
Generally Speaking

Chris Curro, General Manager

Bread with a Relationship

“Breakling Bread” means community. The image conjures images of relationships around a meal sharing among friends or family, building bonds of trust, confidence and comfort. We have begun a relationship with a local baker and his local bread.

Food Conspiracy began selling Barrio Bread in August and shopping fresh bread has never been more delicious. Don Guerra, entrepreneur and baker extraordinaire, makes the kind of product we want for your Co-op.

Known region-wide and across the nation through stories in Edible Baja Arizona and the New York Times, Don Guerra chose Food Conspiracy as his only off-site retail relationship because our business mission resonates with his commitment to community. His bakery and our Food Co-op support the Triple Bottom Line of social, environmental and economic sustainability. By purchasing Barrio Bread, you are adding to the community workforce and knowledge as Don trains and teaches others in his artisan baking techniques. It also feels great knowing that heritage grains he sources are grown locally, some as near as 12 miles from the Co-op, meaning a lower carbon footprint and a direct relationship between your purchase and farmers’ income. It means a family farm in Marana has a set local market for their spelt, kamut, Sonora white and other varieties of Certified Organic grown red and durum wheat. We are proud to sell bread built on the kind of change that matters.

It is a clean product with a short ingredient list and gentle digestibility due to long yeast fermentation. I know my own quality of life has improved with Barrio Bread on our shelves, one or two personal loaves per week at a time. And that is what we want for you!

In one of many conversations with Don, I let him know that easier access to his bread has improved my quality of life, one fresh loaf at a time.

This is just one example of what you should come look for at Food Conspiracy: a mission-based, community-oriented philosophy translated into operational practice. Breaking bread has never felt so much like community.

NEW FACES

Food Conspiracy welcomes our new Finance Manager, Tina. Tina loves accounting! “It’s perfect,” she says. “It’s information, data and its answers.” At the end of the day something is complete. Accounting comes second nature to Tina as she has been doing her own budget since she was nine years old.

“I’m the person that’s required to have all the financial answers and disseminate information to the department managers.” Tina also serves in her new role as the Co-op’s Human Resource Manager. “It’s my job to make sure what they are working towards everyday is unquestioned and supported. The staff can rely on me to make sure their payroll and benefits are well managed, their questions are answered, and they that treated as an important part of the organization.” A happy staff, is a happy Co-op.
The Loft Cinema: You Are What You Watch

FC: What are the beginnings of the Loft?
LC: The Loft started in 1972 on 6th Street and Park Avenue on the University of Arizona campus. It was a private for profit art house theatre during the hay day of art house theaters and did very well there. It moved to Speedway location in 1992. For many years, the Speedway location was a Showcase theatre, a chain theatre. When the Showcase Theatre closed, the Loft Theatre moved in. It became a nonprofit organization in 2002. It really became a different entity and changed the programming with the creation of the nonprofit with a mission. The mission became a community-based art house celebrating film but also building community through film. One example of that and a real Tucson tradition is the Rocky Horror Picture Show. It is still a successful tradition we still do once a month. Rocky Horror as a model of a real interactive screening and is real influential in the sense that we use that model to do community and event based screenings.

FC: Talk about how the Membership Program at the Loft and the other vital roles people can play in the organization
LC: We have huge volunteer base. The volunteers are really invaluable. We involve them at screenings here and off site as well as the staff. It is a way to engage fans and patrons to do more. We have different levels of membership depending on the level you are giving and supporting. We have 6,390 members and that is a combination of individuals and couples memberships. We have a 20 person Board with different levels of engagement whether introducing us to specific audiences or fundraising for the Loft’s improvement efforts.

FC: What are some of the changes that the Loft Board and the community have enabled the Loft to do recently?
LC: We added Theatre 3 by purchasing and renovating the existing neighboring space which allows us to show many more films. We of course have the main theatre renovation which has been a long time coming and a dream for everyone. It opened in August. It has new seats, carpeting, new screens, stadium sloping in the theater, new lighting and sound equipment. It is also now ADA compliant with more wheelchair accessible seating available. This summer during renovations the need for other spaces for screenings really helped build more community partnerships while helping us cultivate new audiences. We did outdoor screenings with MOCA. We did a series at the Global Justice Center. We got a lot of feedback and met a lot of great people and introduced people to the theater. We are continuing to work with the Jewish Community Center with a series once a month. The Solar Cinema is a new program which is grant funded. We’ve showed films in Arivaca, Dragoon, Ajo and Bisbee, and on the Tohono O’odham Reservation since spring. This type of programming requires us to work with local groups in the hosting site to determine what to show. In November we will hold a screening in Nogales on the U.S. Mexico Border a simultaneous screening on the wall—one on the U.S. side and one on the Mexico side in conjunction with an art festival.

FC: What does the future hold for the Loft?
LC: We will be working to find communities who want to host screenings. We are also exploring the idea of possibly opening a micro cinema in downtown Tucson on Congress in the old Grill space. It would potentially house two screens: one with approximately 100 seats, and one with approximately 20 seats. It would be a great way for the Loft to cultivate new audiences, reach college students and downtown residents. The identity would be different and we are immersed in this exploration process so nothing is finalized. The balance is not cannibalizing the audience at the main Loft Theater and giving downtown micro theater its own feel and identity. That’s what’s next on our platter.
How Did KXCI get started? KXCI: The people who started KXCI had a love and appreciation of 1970s free form FM radio. Here in Tucson the local station was KWFM. There were also community based people like those who started the Co-op and Access Tucson. Some of the early KXCI pioneers traveled to the Bay Area in the mid 70’s to learn about listener-supported radio from Pacifica station KPFA in Berkeley. The Foundation for Creative Broadcasting, Inc. filed articles of incorporation in 1979. It took a lot of organizing and fundraising for KXCI to go on the air in 1983. KXCI first broadcast from Dave Bloom and Sons department store downtown at 6th Avenue and Congress (where Hydra is now). So KXCI is coming back to its roots on with its auxiliary studio at Hotel Congress.

What does it take to run community-based radio? What are some of the roles and responsibilities of the people involved? KXCI: KXCI has 3,000 members at any one time and nearly one third of those are monthly sustaining contributors. Another two thousand people are occasional members every couple of years or so. KXCI has 5 full-time staff and several part-time staff. KXCI has hundreds of volunteers, 70 volunteers come in each week to produce two-hour programs and another 30-50 people are reliable substitutes. Some people help behind the scenes during membership drives, in the music department, during events, and special projects like our online auction. Membership accounts for nearly half of KXCI’s annual budget and it is the basis for some of the other grants that we apply for.

Aside from members what other essential roles do people fill at KXCI? KXCI: The Foundation for Creative Broadcasting now has an 11-person Board of Directors. Their work is really separate from the day-to-day operations of KXCI. They oversee Executive Director Cathy Rivers who in turn manages the day-to-day operations of the station. She may have an idea and present that to the Board to get approval and then make it a reality. The KXCI Board of Directors make sure the budget is vital, work on policy, governance, and strategic goals for the organization. Board members also volunteer at events and help with fundraising. Every year KXCI members elect three of their fellow KXCI members to the Board of Directors. The term positions are up to three years and may be two consecutive terms.

Tell us about all of the changes going on at KXCI. KXCI: KXCI is always constantly evolving. More recently, we successfully completed the Amplify KXCI campaign from 2013-2016 for another transmitter. We are always working on cultivating and training programmers. We have the partnership with Creative Tucson which is a coalition of media experts - BRINK, WaveLab Studios and KXCI - with support from the City of Tucson. But the real power of Creative Tucson is in our members and their ingenuity. Specifically through that partnership we have been able to produce Locals Only videos on Mondays. You can see these on channel 20 or find them on our YouTube channel (https://www.youtube.com/user/KXCIvideo).
FC: What are you really excited about what are you and what other plans you have for the future?

KXCI: We have lots people bringing us ideas and the studio is where you can incubate it. These four programs are all new to KXCI. “Mn Huna” is Arabic for “from here.” The show focuses on the experiences of people who have resettled to Tucson as refugees and how they feel in their new country. Pedaling the Pueblo is a mini-program and podcast that connects people to news and information about Tucson’s bicycle culture. Cultivating Indigenous Voices is hosted and produced by Valentina Andrew, member of the Tohono O’odham Nation. Cultivating Indigenous Voices is a 30-minute podcast show with the focus on sharing indigenous topics, stories, and community involvement within/surrounding the Chukson (Tucson) area. We have a standalone program Tales of Tucson, is a show of original radio dramas inspired by the legends, mysteries and history of the Sonoran Southwest. Each episode takes place in real locations around Southern Arizona and includes the actual sounds of events and places. Tales of Tucson blends the real and fictional by using both local actors and real people who play themselves.

From podcasts to new programming KXCI gives a platform for programmers and producers. KXCI can give you the tools, equipment and coaching and what you bring is the grit, determination and sheer joy of doing it.

KXCI offers 24 hour a day programming hosted by live programmers with zero automation on an annual operating budget of about $600,000. More than 97% of KXCI’s programming is produced locally by your friends and neighbors. We’re proud to be able to share airtime with local nonprofits in the form of Community Impact Announcements. Each year KXCI gives more than $200,000 worth of in kind announcements.

In the future, we would like to secure funding to offer more educational opportunities for people of all ages. We would like to build on our Youth Summer DJ Program, our adult classes, and our podcasting classes. We’d like to augment skills that no longer taught in traditional classrooms.

There’s always an organic, natural ebb and flow of new programmers and programmers who move on as their circumstances change. Hundreds of people have been programmers at KXCI over the last 33 years. We still have some DJs that have been with us since we first went on the air like the Gospel Truth Host Sister Shirley Moore and The Bluegrass Show host Milo. Kidd Squid’s Mystery Jukebox, Ruby’s Roadhouse, and Marty Kool’s Blues Review began very nearly at the beginning. We believe that this is truly a golden age of audio and with continued community support KXCI, will thrive and grow to meet community needs.

FC: The beginnings AZPM? How did it start?

AZPM: Arizona Public Media (AZPM) is the non-profit, non-commercial, umbrella organization for three television and three radio program services. All AZPM stations are licensed by the Federal Communications Commission (FCC) to the Arizona Board of Regents for the benefit of the University of Arizona. AZPM provides educational community outreach for the UA and professional training opportunities to UA students. The legacy station in the group is PBS 6 which began broadcasting in 1959 and offers a high-definition program service featuring PBS programming, including titles from Downton Abbey and Sesame Street to our own original productions including The Desert Speaks, Arizona Illustrated, and Hollywood at Home, to name but a few. PBS 6 consistently ranks nationally as one of the most-watched PBS stations in the country. NPR 89.1 was launched in 1968, and features the top news stories of the day, as well as BBC World News and jazz overnight. NPR 89.1 also features local productions including Arizona Spotlight and Arizona Science. Classical 90.5 was launched in 1975 and, as a local gem, is one of the few remaining 24-hour classical stations in the country. Arizona Public Media is committed to serving the public interest by providing content of the highest quality that enriches the marketplace of ideas, unencumbered by commercial influences.

FC: Talk about how the Membership aspect of AZPM. What other vital roles people can play in the organization? What roles can the community play?

AZPM: At AZPM, our mission is clear: To educate, inform, inspire, and connect our community and bring people and ideas together. But we cannot do it without the support of our viewers and listeners. Thanks to our partners throughout Southern Arizona, we are able to provide high-quality programming that fills the soul and challenges the mind. AZPM is so fortunate to have the generous support of nearly 30,000 members, as well as the time and talents offered by 206 volunteers. We simply wouldn’t do it without them.

FC: What are some of the aspects or changes that the community have enabled AZPM to do recently?

AZPM: Whether it’s bringing our community award-winning programs, engaging and educating Southern Arizona through events and outreach, or teaching the journalists, producers and media personalities of tomorrow through our partnership with the University of Arizona, all that AZPM does is made possible through the support of individual donors. AZPM members are crucial to the continued success of Arizona Public Media. Without them, we could not acquire or broadcast our programming, provide unbiased and in-depth news coverage, inspire our community through a rich calendar of free events, offer internships and hands-on training to students, or maintain any of the vital services we provide to Southern Arizonans. We are humbled by the support of our community we proudly serve every day.

FC: What does the future hold for the AZPM? What are you excited about that supporters and listeners might want to know?

AZPM: As with many organizations in Southern Arizona, autumn is a busy time of year for Arizona Public Media. We are offering a number of free events, including screenings of local documentaries and treasured drama series, as well as a community interactive event focused on the arts. Please visit www.azpm.org or call (520) 621-5828 for information. We are also proud to announce that Arizona Public Media received 27 individual Emmy nominations from the Rocky Mountain Southwest Chapter of the National Academy of Television Arts & Sciences. AZPM was also nominated for the coveted Overall Excellence Award for the second time in the last three years.
Ileana and Charles,
Co-op Owners

Why is being a Co-op owner a priority for you?
We appreciate the local business aspect of the Co-op. We like to see our local dollars stay in Tucson both within the Co-op community and also the local farmers and purveyors that sell at the Co-op.

Which Co-op value resonates with you and why? (Cooperative values are: self-help, self-responsibility, democracy, equality, equity, and solidarity)
The Co-op’s value of self-help resonates with us. Since the opening of the Hoff building and the Conspiracy Garden we’ve taken advantage of classes and we helped with the building of the passive water basins and fruit tree plantings. It’s a great way to bring the community in for more than just a retail experience.

What’s a favorite find at the Co-op?
We buy most of our groceries at the Co-op from the bulk section. Our family eats oatmeal almost every morning so we buy a lot of oats, dried fruit and nuts. And we love the selection of fair trade coffee. We also buy Oasis soaps because it’s grey water friendly.

What is your favorite way to create and cook up cuisine using ingredients from the Co-op?
We love Mano Y Metate’s local moles. It’s great for chicken mole, crepes, enmoladas or with veggies.

What do you love most about what you do in life?
We own and operate Sun Sprout Diaper Service and we love that we can participate in the local economy. We wanted to start an environmentally friendly business. The Tucson, and now Phoenix, communities we serve have been very supportive.

Do you know your farmer/grocer/baker/brewer/rancher? If so, who and how?
We’ve been supporters of Jaime and Kara at ReZoNation Farms for years. We get fabulous pork, honey, eggs and our holiday turkey. Their products are extra tasty because we know their principles are grounded in sound ecological practices. Over the years our families have become good friends.

What’s your favorite outdoor activity or to be specific, if this helps—sunset/full moon activity?
When Tucson gets crazy hot in early summer we take our two little kids to the Meadow Trail on Mt. Lemmon to escape the heat. At least for a few hours we cool off and enjoy our piney paradise on the top of the mountain.
Democracy and Shared Prosperity: Charting the TFS Way

“Technicians For Sustainability (TFS) has always been mission-driven” says Nicole Koch, one of the co-founders and previous owners of the Tucson-based company. This local solar company fulfilled a long-held goal this year when it transitioned its business into an employee-owned cooperative. The business, which has focused on installing residential and commercial solar energy systems in Tucson and Southern Arizona since 2003, is now cooperatively owned by 14 employee-owners, with more employees in the process of becoming owners.

Nicole and Kevin Koch, had been talking about putting more of the company in the hands of its employees for years, and decided in 2016 to embark on the journey of transitioning TFS to an employee-owned cooperative. It took a full year to sort out the accounting and logistical aspects of changing the business, in addition to on-boarding the first set of employee owners. On January 3, 2017, TFS officially became an employee-owned cooperative with 14 employee owners. “We have encouraged a sense of shared mission and shared ownership from the very beginning of TFS,” says Kevin Koch. “Employee Ownership is a natural legal manifestation of what was already present in our company culture.”

TFS now has a Board of Directors made up entirely of employee owners. These board members, who are elected by the employee-owners, help guide the big picture of the company. Decisions are also made at employee-owner meetings, and have special venues for bringing forth owner concerns and ideas. Anyone who has worked at TFS for one year is eligible to become a worker-owner. There is a candidacy process that can take between 6-12 months, and all new employee-owners are voted in by the existing owners, and also purchase a share in the company.

On the path to becoming an employee owned cooperative, TFS had already charted a journey of transforming other aspects of their business from the supply stream to the financing in what Nicole describes as viewing “the whole big picture” or the “whole life cycle” of their company. Working this way in TFS we are “regenerating our community not just for our staff but for our community in a way that creates value for all stakeholders.” TFS began looking at other aspects of how they did business like alternative transportation. TFS introduced electric vehicles into their fleet, used biofuels, and did installations by bicycle. In 2011, TFS had a role in forming Amicus Solar Cooperative, a purchasing cooperative--or buying club--with other solar installation companies. Amicus is jointly owned and cooperatively managed by its member companies in Puerto Rico, the U.S. and Canada.

Most recently, TFS was involved in chartering the first-of-its-kind Clean Energy Credit Union (CECU) in Boulder, Colorado which will launch in late 2017. The CECU will enable solar loans for people and investment in clean energy. CECU’s mission is to promote clean energy, environmental stewardship, and cooperative enterprises through financial services provided to members.

TFS continues to lead the way as a sustainable company, making the B Lab “Best for the World” list for a third year in a row. B Lab, a nonprofit organization that serves a global movement of people using business as a force of good, named TFS both “Best in Environment” based on independent assessments of company policies, as well as placing TFS in the “Best for the World: Changemakers” list for companies that have most improved their overall impact on the environment, their employees, their community, and more.

continued on page 14
¡Seed, se puede!
This summer, we encouraged gardeners throughout our community to plant, grow, and save the seeds of Tohono O’odham Cowpeas (U’us Mu:N) as part of our One Seed Pima County community seed saving campaign. The purpose of this was not only to introduce our gardening community to a crop that is rooted in our valley’s agriCultural DNA but to slyly make seed savers out of you all! That’s because we firmly believe that together, armed with knowledge and support, we can work towards establishing healthy, desert-adapted seed stocks for our community to grow from; collectively taking action to bring about a more resilient food system.

Choose your seeds
With temperatures having only dipped into the upper 90s, it can feel almost discordant to us desert dwellers to even utter the words “fall garden.” But, alas, even for desert gardeners it’s time to commence with planning and planting our cool-weather crops.

Given that most of you are still in your seed saving nascency, we recommend sticking with varieties that are self-pollinating to keep things simpler and more likely to lead to a successful and satisfying seed saving experience. As far as saving seeds from cool-weather crops goes, we recommend planting lettuce (*Lactuca sativa*). One of our favorite varieties is Black Seeded Simpson. It’s a loose-leaf variety that seems to weather the temperate winters well. The Pima County Public Library’s Seed Library has this and many other varieties of lettuce seed available for you to check-out with your library card—just search the online calendar for “seed library lettuce” to see what varieties are available to you to plant from. Whichever variety you choose, we suggest you choose a loose-leaf or romaine variety of lettuce rather than a head lettuce variety, this enables you to continually harvest and enjoy the outer leaves while letting the plant remain alive and growing in the soil over the course of the growing season).

A plant sex primer
Like humans and other living species, plants reproduce sexually. They can either mate with themselves (self-pollinate) or mate with other plants within their own species (cross-pollinate) in order to reproduce. Plants that self-pollinate can do so because their flowers contain both the female (pistil) and male (stamen) parts necessary to reproduce. The flowers on self-pollinating plants are referred to as “perfect” flowers for their ability to reproduce within its own self. Pollination must occur for fruits and their seeds to develop.
Self-pollinating crops like lettuces are a good place to start for novice seed savers because they almost always reliably produce seeds that are “true to type” without having to take too many precautions to prevent cross-pollination with other varieties of the same species you may be growing in your garden (see Now Sowing in Conspiracy News Summer issue or a botany refresher). That said, we always err on the side of extra precaution when planting multiple varieties of any self-pollinating crops and will keep different varieties of that species—in this case, lettuce—separated by buffer crops of an altogether different species such as radishes or carrots (both companion plants to lettuce).

**Grow**

- Sow lettuce seed in well-fertilized soil. Like all leafy greens, lettuce craves nitrogen to help it achieve its signature verdant hue. Peas, another cool-weather crop, can be planted alongside lettuce to help fix the nitrogen in the soil. Otherwise, composted manures or fish emulsion are good, organic ways to add nitrogen to the soil.
- You can continue to sow lettuce seed throughout the growing season—October through November and January through February—to ensure a steady supply of lettuce for your table.

**Healthy plants equal healthy seeds**

Healthy, happy, and hardy plants generally produce healthy seed. When we turn our garden ambitions toward seed saving—especially for the purpose of sharing with others—we are making a pledge to only contribute seeds that we believe to be from our healthiest, tastiest plants and free of disease to the best of our knowledge.

**Tip:** Germination testing is a good practice to get in the habit of as a seed saver. Simple germination tests enable a seed saver to determine if the seed they’ve saved and collected is viable. There are many resources in the library and online that can show you how to do a germination test. One of my favorite sources of info on this is on the Southern Exposure Seed Exchange website.

**Harvesting seeds**

One lettuce plant will potentially produce hundreds of seeds, so it’s really only necessary to allow a few of your lettuce plants to “go to seed.” Basically, letting them mature past the point when their leaves are tender and just right for eating, allowing them to bolt. As the days grow warmer lettuce will bolt. Bolting is basically a plant’s attempt to reproduce itself before it dies. In the case of lettuce, it will send up a thin flower stock from its center. The flowers that form on tiny branches along the stock will then mature over time into the fruit bearing seeds of the lettuce. As your plants start to show signs of bolting, thin your remaining lettuce plants leaving 15 inches between plants to you have decided to allow to “go to seed.” Ideally, you want to collect seeds from plants that bolt later so as not to select for early bolting.

Some harvesting of the outer leaves can be tolerated on the plants that you intend to save seed from without affecting seed production. So as best as you can, know ahead of time which plants you plan to allow to go to seed. These may be plants that were sown during a later-season reseeding.

You can hand-pick seeds as they mature along the flower stock (they’re the things that look like spiky seeds nestled in puffs of white fluff). Or you can you can put a cinched mesh bag (pollination bags work great) around the maturing stock to prevent loss of seeds due to wind or hungry birds. When stalks are completely dry, cut and thresh over a sheet. Sieve seeds and leave on newspaper to dry for a few weeks. Store completely dry seeds in clearly labeled envelopes, baggies, or jars kept in a cool, dark, and dry space. Consider sharing a portion of your harvest with other gardeners and with the Seed Library.

**Plant geek**

What we know as a lettuce seed is actually an indehiscent fruit (a dry fruit that doesn’t split open to reveal or release its seed) referred to as an achene. The actual lettuce seed remains hidden within the fruit. What we are planting when we plant lettuce is the seed within the fruit. Sunflower seeds are another example of an achene.
Dig Deeper

Check out the library’s calendar of events for gardening, seed saving, and community engagement programs offered in our libraries. We work with many of our community’s conservation and gardening organizations, including Native Seeds/SEARCH and Pima County Master Gardeners, as well as local gardeners like Brandon Merchant and Jacqueline Soule, to help our community grow. Or learn more from borrow from the many books, magazines, and videos available to you through the library.

Seed saver’s toolkit:

- Garden journal to help her remember what she planted, where she planted, and when she planted.
- Pollination bags to prevent unwanted plant sex (aka cross-pollination). These can be hand-sewn from mesh-like fabric scraps found at the fabric store, but you can also find them at Native Seeds/SEARCH or online.
- Seed screens, mesh colanders, bowls, and wind for separating plant matter (chaff) from the seeds (the library has an array of different sized screens for you to borrow).
- Seed saving resources (the library has many wonderful and easy to follow seed saving books for you to check-out).
- Curiosity and patience.

Vegetable Literacy: Cooking and Gardening With Twelve Families From the Edible Plant Kingdom, With Over 300 Deliciously Simple Recipes by Deborah Madison


Seed Libraries: And Other Means of Keeping Seeds in the Hands of the People by Cindy Connor

The Seed Underground by Janisse Ray

Seeing Seeds: A Journey into the World of Seedheads, Pods, and Fruit by Terri Dunn Chase

Seed saver’s toolkit:

- Garden journal to help her remember what she planted, where she planted, and when she planted.
- Pollination bags to prevent unwanted plant sex (aka cross-pollination). These can be hand-sewn from mesh-like fabric scraps found at the fabric store, but you can also find them at Native Seeds/SEARCH or online.
- Seed screens, mesh colanders, bowls, and wind for separating plant matter (chaff) from the seeds (the library has an array of different sized screens for you to borrow).
- Seed saving resources (the library has many wonderful and easy to follow seed saving books for you to check-out).
- Curiosity and patience.

TFS Way, continued from page 11

Additional 2017 Best for Environment honorees include: People Against Dirty (Method +Ecover); New Belgium Brewing; and Plum Organics.

“Best for the Environment honorees like Technicians For Sustainability are redefining what it means to be an ‘environmentally-friendly’ business,” says Jay Coen Gilbert, co-founder of B Lab. “We’re proud to shine a light on their achievement in a meaningful way. Best for the World is the only list of businesses making the greatest positive impact that uses comprehensive, comparable, third-party-validated data about a company’s social and environmental performance.”

A total of 846 Certified B Corporations were named 2017 Best for the World Honorees, including: Patagonia; Seventh Generation; National Co-op Grocers; and Business Development Bank of Canada. Forty-eight countries are represented, including Afghanistan, Kenya, Nicaragua and Turkey. The selection criteria for Best for the World honorees are available at http://bit.ly/29ZYRSp.

Learn More:

B Corp & B Lab
bethechange.com and www.bcorporation.net

Technicians For Sustainability
tfssolar.com and www.facebook.com/tfssolar

Clean Energy Credit Union
www.facebook/cleanenergycu
www.cleanenergyfcu.org

Antigone Books
Gifts & Cards

20% off the item of your choice
Gift certificates, texts, and tickets not included
Expires 11/15/17

14

Expires 11/15/17
EVERYONE CAN SHOP. ANYONE CAN JOIN.

EVERYONE SALES
EVERYONE CAN SHOP, ANYONE CAN JOIN.

FOOD CONSPIRACY
CO-OP

WINE SALES
NOV 1 - 14
20% off all wines
buy any six bottles and get an additional 10% off your wine purchase

GIFT SALE
NOV-DEC 29 - 12
Great deals on holiday gifts

NEW YEAR
NEW HABITS
JAN 1 - 30
$1 coffees when you use your Co-op mug

SOUPER BULK SALE
JAN 3 - 16
15% off bulk
Soup Recipe Challenge Saturday • January 13

BIG GAME SNACKS
JAN 17 - 30
15% off chips, salsas & dips

Home of the “DISRUPTORS for GOOD”. Providing solutions so our community can actively participate in changing the world.

WEEKLY PODCASTS | COMMUNITY EVENTS | PUBLIC SPEAKING | BLOGS
An Antigone Books Review:
*Tucson is Abloom with Authors*

By Kate Stern, Antigone Books

**Writers on the Rise**

*Bodies of Mothers by Jade Beall:*
In this collection of art and literature, Jade Beall’s exquisite photographs are paired with the poetry, insights, and stories of real mothers. Beall’s photographs are dynamic in their use of movement, shape, and contrast. A sense of intimacy is achieved by Beall’s ability to capture the unique textures and terrains of each figure and by the personal touch of each mother’s writing.

*The Fluency of Light by Aisha Sabatini Sloan:*
Sloan made her literary debut with *The Fluency of Light* in 2013. In this collection of personal essays, she shares her penetrating insights on “coming of age in a theater of black and white.” Her journey is shaped by a variety of cultural influences, such as Billie Holiday, Thelonious Monk, Christmas, the mall, L.A., P.J. Harvey, Sex & the City, and Martin Luther King Jr. The broad range of her gaze leads her to poignant and artistic reflections on race and identity.

As a follow up to *The Bodies of Mothers*, Caitlin Domanico and Jade Beall have recently published *Photographing Motherhood: How to Document the Lives of Women and their Families.* This book reveals how to capture the elegant and lively images that Jade Beall is known for. It is perfect for an artist, student, of photography, or expecting mother.

*Things No One Will Tell Fat Girls by Jess Baker:*
In this manifesto, Jess Baker reclaims the word “fat,” and confronts the notion of “fatness” by examining history, class, race, healthcare, patriarchy, and culture. This compilation of essays, guest essays, affirmations, and resources reads like a creative and empowering blog. It is sprinkled with challenges, daring readers to cannonball, ride a bike, or fly on an airplane without shame. The book promotes body love while also acknowledging the significance of appearance by stating that “the way we view our bodies impacts the way we participate in the world.” *Things No One Will Tell Fat Girls* is a thorough beginning to a conversation long overdue.

*There’s So Much They Haven’t Told You by Michelle Ross:*
In this story collection, Michelle Ross gives her readers a fresh perspective on the human condition by examining the connectedness between the aging process, culture, and knowledge. Many of her stories deal with the dichotomy between childhood and adulthood. In the first story, “Atoms,” she manages to bridge the gap between the two by exploring the things they tell you at school. Themes of the American public school system, maternal relationships, and the sharing of information persist throughout the book. The stories are peppered with sticky, slimy, jelly-like imagery, and cultural relics. Newton’s Third Law becomes seamlessly paired with a sticky lollipop, a mother explains life to her son in an aquarium, and another mother explains death in a Home Depot. Ross’s ability to be both technical and fantastical shows her versatility as a science writer and storyteller. *There’s So Much They Haven’t Told You* tackles big topics, yet remains sharp in its presentation.

Antigone Books author events generally take place in-store on Friday nights in Fall and Spring. All events are free. See the Fall schedule at www.antigonebooks.com/events
Fifty-five years after Rachel Carson and *Silent Spring* awakened the world to the dangers of DDT and unchecked pesticide use, a new story illustrates how deeply we have failed to heed her warning. In *Whitewash*, veteran journalist Carey Gillam lays bare disturbing details about the 40-year push to prominence of the world's most popular pesticide: glyphosate, known commonly as Monsanto's Roundup. The capstone of 20 years of meticulous reporting, *Whitewash* is an eerily familiar story of the dangerous consequences of putting corporate profits ahead of public safety. As *Whitewash* details, glyphosate is the most widely used agrichemical in history—a pesticide so pervasive it's in our air, our water, our food, and even our own bodies. For decades it's been lauded as the chemical that's "safe enough to drink," but a growing body of scientific research ties glyphosate to cancers and a host of other health and environmental threats. *Whitewash* explores the legal claims of thousands of Americans who believe Roundup caused their cancers, and exposes the powerful influence of a multi-billion-dollar industry that has worked for decades to keep consumers in the dark and regulators in check. Gillam unveils secret industry communications and regulatory documents that reveal corporate ties to an extensive cast of players, from journalists and regulators to mommy bloggers and scientists at public universities.

Gillam traces the corruption of science in startling detail, uncovering stories of how agribusiness has taken advantage of "useful" government employees and censored or discredited scientists to bury evidence of harm. Her investigation reveals how political influence has been at work for years in regulatory agencies such as the FDA, USDA, and even within the EPA—the very agency created as a result of Carson's findings in *Silent Spring*. *Whitewash* also lays bare unappetizing truths about the levels of glyphosate and other pesticides commonly found in our food products.

On November 4th Carey Gillam will headline a Resist & Revitalize Our Communities Summit in Tucson. She will present the information from her first book *Whitewash* and participate in a Q&A and book signing at the Summit. We caught up with Carey late this summer before she headed to Europe to present on Monsanto and glyphosate to the European Parliament.

**Q:** People may not be familiar with the term “glyphosate” or even “Roundup.” What is it? Why should people care?

**A:** Roundup herbicide is Monsanto’s claim to fame. Well before it brought genetically engineered crops to market, Monsanto was making and selling Roundup weed killer. Glyphosate is the active ingredient—the stuff that actually kills the weeds—in Roundup. Glyphosate is also now used in hundreds of other products that are routinely applied to farm fields, lawns and gardens, golf courses, parks, and playgrounds. The trouble is that it’s not nearly as safe as Monsanto has maintained, and decades of scientific research link it to a range of diseases, including non-Hodgkin lymphoma.

Monsanto has known about these risks and worked very hard to hide them while promoting more and more use. Monsanto's genetically engineered crops are all built to encourage glyphosate use. The key genetic trait Monsanto has inserted into its GMO soybeans, corn, canola, sugar beets, and other crops is a trait that allows those crops to survive being sprayed directly with glyphosate. After Monsanto introduced these "glyphosate-tolerant" crops in the mid-1990s, glyphosate use skyrocketed. Like other pesticides used in food production, glyphosate residues are commonly found in food, including cereals, snacks, honey, bread, and other products.

**Q:** Can you summarize in your own words why the increased use of glyphosate is bad for human health and the environment?
OWNER DAYS & DEALS
Owner days and deals are benefits for Food Conspiracy owners. Not an owner yet? Join in October Co-op Month get entered into a weekly raffle for a fair trade backpack with local and Co-op goodies!

Saturday, October 7 • 10% off
Discover Your Co-op, Discover Your Community
Can't come Saturday? Choose your 10% discount shopping day any one shopping trip October 7-31.

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.

OCT Co-op Month 7-31

NOV 18
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.

NEW YEAR ENTERTAINING

DEC-JAN 13 - 2
15% off wine, crackers cheese, olives

HEALTHY GUT

JAN 17 - 30
20% off probiotics

Fair Trade
The Gloo Factory partners with Dougla Prieta Works, a women’s sewing cooperative in Agua Prieta, Sonora. They are a unique local source for fair trade products for printing, such as tote bags, aprons and bandanas.

GLOO FACTORY

T-Shirts
The Gloo Factory is Southern Arizona’s only union screen printing shop. We stock union-made shirts that are made in the USA. We can handle orders of any size.

Digital Copies & Binding
We print flyers, newsletters, posters, business cards, envelopes, menus, mailings, and more. We stock recycled paper. Email us your file for same or next day pick-up.

Community Minded Printing
520-740-0810 info@thegloofactory.com
238 E 26th Street, Tucson, AZ M-F 10-6

Signs & Banners
We make durable yard signs, posters and displays, as well as long-lasting custom banners in any size.
Contact us for a quote today!
A: Monsanto talks about drought tolerance, better nutrition, and all these other traits. But of course herbicide resistance is the main trait in most of the GMO crops.

The first impact is on the soil. It persists in the soil and tons of government research as well as independent studies have shown that it affects the beneficial microorganisms in the soil making the plant more vulnerable to disease and therefore in need of more chemicals (fungicides, insecticides). There’s a whole range of research that’s shown the detriment that glyphosate has done just to the soil.

Then you have the weed resistance, which is a giant problem predicted in the ‘90s. Monsanto kept saying it’s not going to happen; it’s not going to happen. So much so that they convinced the EPA it wouldn’t happen. Weed scientists said we have to reign in the use of glyphosate because we’re going to create this monster problem. And Monsanto fought against it and we have this monster problem right now. Farmers in the South are having to hand-weed; they’re having all sorts of added costs from added input. It’s added $2 billion, in the South because of added costs on the production of cotton crop.

Numerous studies have shown negative health impacts from glyphosate. Different ways to be exposed to glyphosate – the dermal, occupational, and there’s the dietary exposure where you consume it in the food that you’re eating. Numerous epidemiology as well as toxicology studies showing that glyphosate exposure can cause tumors, reproductive problems, and oxidative stress changes. The most linkage that scientists have found is with Non-Hodgkin lymphoma – the strongest disease area that glyphosate is linked to.

If you look at animal studies, you see a whole range of health problems with rats, dogs, mice, rabbits. This is what researchers have been worrying about for years. But Monsanto and other companies have been doing their damnedest to invalidate, cover up, or discredit that research. We don’t know exactly what glyphosate does to the body, but we know it’s not good. There’s this whole developing range of research about what it can do to the bacteria in your gut, and how that can just wreak havoc throughout the body. We don’t have firm answers right now and that’s by design. There’s enough there to know there are problems and we need to really investigate and be concerned about these chemicals.

Q: You’ve been immersed in this topic for years. Was there anything you found in the course of researching and writing this book that surprised you?
A: Jaw-dropping is the best way to describe some of the documents I and others have uncovered. Seeing behind the curtain, reading in their own words how corporate agents worked intentionally to manipulate science, to mislead consumers and politicians, was shocking. As a long-time journalist, I’m a bit of a hardened cynic. Still, the depth of the deception laid bare in these documents, and other documents still coming to light, is incredible.

Q: What do you hope readers take away from Whitewash?
A: A writer at the New York Times told me after reading Whitewash that she feared eating anything in her refrigerator because of the information the book provides about the range of pesticide residues found in so many food products. That definitely is not my goal, to frustrate or frighten people. But I do hope that readers will be moved to care more about how our food is produced, how we make use of dangerous synthetic pesticides not just on farms but also on schoolyards and in parks where our children play.

And I hope they will want to be engaged in the larger discussion and debate about how we build a future that adequately balances the risks and rewards associated with these pesticides. As Whitewash shows, the current system is designed to pump up corporate profits much more than it is to promote long-term environmental and food production sustainability. There are many powerful forces at work to keep the status quo, to continue to push dangerous pesticides, almost literally down our throats. It’s up to the rest of us to push back.
JOIN in October and Discover YOUR CO-OP!
JOIN and Discover YOUR COMMUNITY

When you Join the Co-op in October, all new owners get entered into a weekly raffle for a fair trade Co-op backpack with local and Co-op goodies. Drawings are every Sunday in October starting Sunday, October 8th—the sooner you join the better your chances! Raffle items are generously provided by the following local businesses and organizations.

- original signed map print of 4th Avenue from PopCycle Shop
- PopCycle Shop fair trade tote bag
- 5-class pass to Floor Polish Dance & Fitness Studio
- 2 Loft Cinema movie tickets
- $25 gift certificate to the Loft Cinema
- $10 Co-op gift card
- tokens for cool KXCI merch
- $10 gift card for Antigone Books
- Arizona Public Media baseball hat
- Arizona Public Media water bottle
- Solar charger from Technicians for Sustainability
- Wireless headset from Technicians for Sustainability

IN THIS ISSUE
03 Co-op Events and Classes
04 Board Report, Food Conspiracy Looks Back, Leaps Forward
06 Generally Speaking
07 Tucson is Alive with Mission-Driven, People Powered Organizations
12 Now Sowing
16 An Antigone Books Review: Tucson is Abloom with Authors