NEW YEAR

NEW GROWTH
From the Back of the Editor’s Mind:
Kelly Watters, Conspiracy News Editor

Wrapping up the holiday season and beginning a new year is a time to take stock of the things happening around you—whether that be in your own life, your family, the Co-op, the nation, or the world. The only constant is change. In this New Year issue of Conspiracy News, you will read about new growth and change, including changes in Co-op management and Board elections in February. We’re excited to tell the story of Tucson Tamale Company’s incredible growth and transformation, from a single storefront to a new 8,000 sq ft production facility that processes and ships millions of tamales. The Book Review delves into research on alternative holistic healing treatments. And Downtown Gems welcomes the newest addition to downtown Tucson’s burgeoning craft brew landscape, Crooked Tooth Brewing Company.

We’re also introducing two new exciting partnerships in this issue. First, Pima County Public Library’s Seed Library will become a regular future contributor, sharing knowledge of gardening and seed-saving in the Sonoran desert. Second, we’re launching a pilot we’re calling “People, Partnerships & Pie,” in which we document local food system and farming issues by engaging two or more community “experts” in a conversation over pie.

If you would like to keep up on person on all the changes at Food Conspiracy, join us for the Annual Meeting of Owners in February. Welcome to 2017 and all of its constant change!

ROUND UP → AT THE REGISTER → FOOD CONSPIRACY CO-OP

January
Catholic Community Services, Alitas Program

The Alitas Program serves migrant women and children who have left their home countries to escape violence and poverty. Catholic Community Services (CCS) provides care, short-term shelter and help to reunite with family members in the U.S. Most migrants arriving are mothers, children, and pregnant women from Guatemala, Honduras and El Salvador. Most have travelled from their homes, through Mexico, to reach Arizona, a journey of several days to weeks.

In Arizona, the Border Patrol turns them over to Immigration and Customs Enforcement (ICE). ICE provides them with documentation and orders to report to an immigration hearing. Then ICE drops them off at our Hospitality Center. Up to 15 travelers arrive at the CCS Hospitality Center each day. Women and children receive travel bags before they leave that may include food, water, toiletries, hygiene items, diapers and baby food. Blankets and small toys are also provided for the children for the bus ride. Bus rides typically last 2 to 3 days.

March
Youth On Their Own

Through the YOTO program, trained volunteers in 125 Pima County schools work with YOTO staff to coordinate services designed to give homeless youth the resources and skills to live independently, stay in school, and graduate. Services include: the opportunity to earn a monthly stipend of up to $140 based on academic performance and attendance; material assistance such as food, clothing, hygiene and school supplies distributed through YOTO’s “Mini-Mall”; emergency financial assistance with pressing needs such as rent, utilities, or medical bills, transportation assistance, and ongoing guidance and support. 100% of support from the Food Conspiracy Co-op will directly support homeless students enrolled in this program.

SAVE the DATE
Youth On Their Own Spring Luncheon: March 30, 2017 (to be held at the University Marriott). This program is a great way to learn how to support students the midpoint of the school year. So far we’ve supported over 1,200 homeless youth in this community. Learn more at http://yoto.org
**Yoga Hour at the Co-op**  
Tuesdays 5:30 - 6:30 p.m.  
Come join Da crash Neutopia for a free weekly yoga session. We will engage in Kripalu Yoga, a yoga of compassion. Experimenting with visualizations for ecological awareness, chakra cleansing techniques (subtle energy centers of the body), we will come to a place of inner sanctuary during our meditations. Moving with conscious breath, our poses range from gentle to moderate levels. Yoga, union of with the divine, provides us with a vehicle to make this evolutionary shift possible. Neutopia studied Kripalu Yoga at Esalen Institute. She recently completed 300 hour training at the Mystical Yoga Farm on Lake Atitlan in Guatemala.

**Board of Directors Meetings**  
Wednesday, Jan 4, February 1, and March 1, 2017  
All owners welcome. Stay involved in Co-op decision making and accrue time towards a Co-op discount for your attendance. (owners receive 5% discount for a one time shopping trip the following month.)  
A light dinner is served at 6:00 p.m. Meeting starts at 6:30 p.m.

**What You Need to Know about GMOs and Pesticides: and The Local Movement Against These Threats to Our Health**  
Sunday, January 15th 3:00 p.m.  
Going Against GMOs author Melissa Diane Smith will offer an introduction to GMOs, the growing health concerns connected to GMOs and the pesticides used on them; facts about the companies that make these products, and the plans chemical corporation Monsanto has right here in Pima County. A short, 30-minute film about Hawaii’s experience with biotech corporations and how they mobilized people in their community will follow. Get your questions answered and learn about critical open public meetings and board of supervisors meetings to attend to voice your concerns about this issue to help protect the air, water, and food in the Tucson community.

**New Owner Orientations**  
Wednesday, January 18 at 6:30 p.m. and Saturday, February 11 at 10:00 a.m.  
Welcome new owners! We’d like to invite you to learn how you can get the most out of your investment in the co-op. We’ll talk about how the co-op works, how owners participate, and how you can save money and eat healthy while shopping at the co-op. RSVP by emailing outreach@foodconspiracy.coop or calling (520) 624-4821.

**Maximize Your Nutrition with Jeanne Bjorn**  
Saturday, January 21, 10:00 a.m. – 11:00 a.m.  
Learn how to choose, prepare and store fruits and vegetables for optimal flavor and nutrition. We will discuss the nutritional history of seasonal varieties and talk about the changes that plant breeding and modern agriculture have had on their wild ancestors.  
Tickets are available www.foodconspiracy.coop. Cost: $5.

**Nutrition for Sustainable Energy with Robin Schuett-Hames, NTP**  
Wednesday, January 25, 6:00 p.m. – 7:30 p.m.  
Wishing you had more energy? Tired of riding out the surges and dips? Dragging through your day with caffeine and sugar? The key is to re-balance your blood sugar, and train your body to burn fat. In this class, we will learn about the options our bodies have for fuel - from kindling to slow-burning logs - and find the right balance for your genetics, metabolism, and lifestyle. We will make sugar-free delicious treats. For more info check out renourishwellness.com. Tickets are available www.foodconspiracy.coop. Cost: $10

**Meet the Candidates**  
Wednesday, February 8th 3:00 p.m. Stop by the café at the Co-op to chat with the Board candidates and cast your vote in Co-op elections.

**Nutrition 101 with Robin Schuett-Hames, NTP**  
Thursday, February 23rd 6:00 - 7:30 p.m.  
Feel increasingly confused by all of the conflicting diet information out there? Come learn nutrition basics drawn from the universal principles of healthy traditional cultures around the world. We’ll go over carbohydrates, proteins, fats, vitamins and minerals. You will learn the fundamentals so you can develop the right individualized diet for your body and your lifestyle. For more info check out renourishwellness.com. This class includes a demonstration of how to make bone broth, a traditional super food! Tickets are available at www.foodconspiracy.coop. Cost: $10

**Birthday Sale!**  
Saturday, February 25th  
All Food Conspiracy owners receive 10% off purchases of $50 - $99, 15% off purchases of $100-$149 and 20% off of purchases $150 or more.

**Annual Meeting of Owners**  
Save the Date Sunday, February 26th

**Street Fair Sale**  
Wednesday, March 22nd  
10% off for everyone
Happy New Year, Food Conspiracy Owners!

This New Year brings changes and new opportunities at the Food Conspiracy. The first big change of the year is that Kelley Kriner, our General Manager (GM), decided to move on from the Co-op, effective December 30th, 2016. I’ve had the pleasure of working with Kelley since 2011 and when I was new to the Board of Directors and she had just taken the position of Interim GM, later to be hired as GM. We both had a lot to learn in our new roles, and while I got used to being a Board President, I was pleased to know that someone with her work ethic and dedication to the Co-op was managing the store.

Kelley grew quickly in her new role and provided the strong leadership the Co-op needed for the next several years. This included finalizing the Hoff building purchase, which was started by Ben Kuzma, the previous GM. This allowed us to move the kitchen and improve it dramatically. Then we embarked on the store renovation which, despite the challenges of the concurrent streetcar construction, proved to be successful and beneficial to our owners and employees. Kelley led the Co-op through these transitions with lots of work and dedication to learning her new job.

I will miss Kelley as a leader at the Co-op. I also look forward to the opportunities that are sure to present themselves in periods of change. As the Board starts a new GM search, we are mindful of the needs of employees, the desires of a diverse group of owners, and an ever-growing interest in organic and natural foods in our area. We recognize the need for growth as our store’s sales per square foot are triple the national average, and as our talented and valuable employees look for opportunities to grow professionally in their workplace.

While the Board carries on with a GM search, Eric Lauterbach-Colby, Grocery Manager, is serving as Interim GM. Each year a department manager is named GM Successor by the GM, so there is someone reasonably prepared to fill the GM role on short notice if need be. The Co-op is fortunate to have managers like Eric, who accept that role and can effectively fill it when needed. There will undoubtedly be effects on the whole staff through this transition, as roles and responsibilities shift to effectively run the store with the departure of the GM. The Board confidently supports Eric as he serves in this vital position for the next several months, and thanks the entire staff in advance for each individual’s work to help make this a successful transition for the Co-op.

The Board will be posting the GM job opening within the next month, receiving applications for 3-4 months, and interviewing strong candidates for 2-3 months. General Managers are in high demand across the country, so we realize that this may take six months or more. With Tucson’s recent nationally publicized accolades regarding gastronomy, we see Food Conspiracy as a unique opportunity for an experienced GM who wants a great place to work and live. While this will be a national search, we do hope to have applications from within the current talented and competent staff.

We are also welcoming James Carpenter, our new Finance Manager to the Co-op. The Finance Manager also works closely with the Board to make sure we all understand the Co-op’s finances. We are glad to have James, and we look forward to working with him.

Don’t miss participating in the 2017 Board of Directors election. There are two candidates running for three open seats. David Miller is running for re-election, and Susan Silverman is a new candidate. Look for their candidate statements in this issue of Conspiracy News, along with information about when and where in February you can meet and mingle with them and other Board members. Finally, we hope to see you at the Annual Meeting of owners in February, where we will give you an update on the GM search in addition to other Co-op business.

In Cooperation,
Rob McLane, Board President

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In Cooperation,
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10% OFF FOR EVERYONE!

10% off does not apply to gift cards, special orders and classes.

EVERYONE CAN SHOP, ANYONE CAN JOIN.

FOOD CONSPIRACY CO-OP

We invite you to become a part of an engaging community of people who care about our planet!

WEEKLY PODCASTS | COMMUNITY EVENTS | PUBLIC SPEAKING | BLOGS

LISTEN TO US ON iHeartRadio AND CONNECT WITH US ON SOCIAL MEDIA
Tucson Gems: Embracing Your Crooked Tooth

By Kelly Watters, Education & Outreach Manager

It seems like downtown Tucson has no shortage of breweries these days. Flashing back to 2012, there were only two. Today there are at least eight, not to mention a few new bottle shops and wine bars with dozens of taps and even a few local selections. The most recent addition to the downtown brewery scene is Crooked Tooth Brewing Company, which opened in November right in our neighborhood. I caught up with the owners, Ben and Julie Vernon, to learn more about their brand of beer and life philosophy.

When I asked Ben and Julie what is unique about Crooked Tooth, they respond, “Everything.” Crooked Tooth takes a fresh, vibrant approach to traditional styles of beer, crafting nontraditional options like the 18th Hour IPA—“A suck-your-face-in bitter IPA,” says Ben.

The Vernons are as eclectic as the beer they create. “We like taxonomy, skaters—we like nerds,” says Ben, revealing that their flight boards are actually skate boards. The Vernons are playful, with a love for games and pop culture, which is reflected in the names they’ve chosen for their brews—names like Smashing Porters, Archmagus Amber, and Charlie’s Home for Dinner – Black Saison.

The name Crooked Tooth celebrates the philosophy of embracing our unique and one-of-a-kind endearing imperfections. This message was instilled in Julie by her grandfather, who passed away this year. “Stay true to your heart,” he would tell her. Indeed, the brewery has adopted this philosophy “in life and in brewing,” as their website proudly proclaims.

Ben, an environmental chemist by trade, has done remediation work all over the state, regularly putting his health at risk. One day in 2012, there were only a few breweries in town. One day, Ben and Julie sat on the patio of Cafe Passe, across from the Co-op, talking about Ben’s job and the idea of following their dreams. They began talking about beer as an ingredient for making people happy, and the idea for Crooked Tooth was born. “It brings people joy and brings people together,” says Julie.

Julie and Ben are familiar faces in the historic Fourth Avenue neighborhood and are seriously invested in contributing to it. “Our family comes to eat and play here,” says Julie, “Our tribe is down here. Our heart is here.” The neighborhood is also where Ben and Julie met while attending Tucson High School. That a couple of Tucson Badgers went on to open a brewery in the same neighborhood is not lost on their friends, many of whom have started frequenting the bar. Julie says that Tucson High was important in instilling an appreciation for uniqueness. “It’s culture encourages expression,” she says, “It embodies a special energy.”

The physical space that houses Crooked Tooth has been home to various auto shops since the 1950s—first, Charlie’s Auto Service and more recently, the Volkshop, an auto frame restoration and service shop. As the Vernons worked tirelessly to renovate the space, they attracted a following of curious passersby, in addition to the typical brewhounds and hop seekers waiting for the opening of the shop. All of the building materials used in the renovation of Crooked Tooth
are reclaimed and the Vernons have done much of the work themselves, from the electric to the plumbing. The wooden counters are hand-burned and were made in an uncle’s mill in St. John’s, Arizona.

Now open to the public, Crooked Tooth hosts a game night, live music on Fridays and Saturdays, and open mic nights on Sundays for original singers and songwriters. Eventually, the Vernons plan to distribute their beer statewide and may consider a canning system in the future. Currently, all of the distribution is personalized and sold directly by Ben. Growlers and kegs are available for purchase to enjoy at home. Pints are available on tap at Ermanos Craft Beer and Wine Bar, Tap & Bottle, Reilly’s Craft Pizza and Drink, and the Winning Pig in Phoenix.

From where I sit, it seems there are so many Tucson breweries that cooperate, collaborate, and work well together. And as in closing up the conversation with Julie and Ben, I have to ask—what is it about the brew culture here that enables so much support and cooperation, rather than competition? “Quite literally there is cooperation,” says Ben, remembering that when Crooked Tooth opened their doors, the mill was broken, and Kyle from Pueblo Vida invited them to use theirs. “Brewers really all come together with one aim and one commonality—to take down the man.”

As a food cooperative, this cooperation seems natural and fitting. In the cooperative world, we share expertise, learn from each other, with the goal of coming together to lift each other up. And in the world of local beer, it seems that Tucson’s breweries are doing this, too.

Welcome back to the neighborhood, Crooked Tooth!
Cheddar and Ale Soup

Total Time: 40 minutes
Servings: 7

This creamy, cheesy soup is made even better with beer. Sharp, mature cheddar is a perfect foil for a flavorful ale, and a garnish of chopped chives adds a fresh note.

Ingredients
1 stick butter
2 cups finely chopped onion
1/2 cup all-purpose flour
2 teaspoons Dijon mustard
2 cups chicken broth
12 ounces pale ale or lager
1 cup milk
3 cups shredded cheddar cheese
1 teaspoon salt
1/4 cup chopped chives
2 slices cooked bacon, crumbled (optional)

Preparation
In a large soup pot over medium heat, melt butter. Add onion and sauté until tender but not brown, about 10 minutes. Sprinkle the flour over the contents of the pan and stir in with a wooden spoon or heat-safe spatula to make sure there are no lumps. Stir over medium heat for a couple of minutes to cook the flour. Stir in the Dijon, then gradually whisk in the chicken broth, beer and milk. Stir frequently until the mixture starts to bubble and thicken, about 5 minutes. Whisk in the cheese and salt and continue whisking until the cheese is melted and smooth. Remove from heat.

Serve in bowls, topped with chives and bacon, if using.

Serving Suggestion
Serve a cup of this creamy soup with a crisp salad and some hearty rye bread.

Nutritional Information
368 calories, 26 g. fat, 74 mg. cholesterol, 780 mg. sodium, 19 g. carbohydrate, 1 g. fiber, 13 g. protein

Veggie Chili with Beer

Total Time: 30 minutes; 15 minutes active
Servings: 5

Veggie chili is a great dish to share with friends and family. It’s hearty and satisfying for everyone, and vegetarians will be grateful for the option. Adding beer elevates a simple chili to a rave-worthy one, great with a hunk of cornbread and, of course, a beer.

Ingredients
2 teaspoons extra virgin olive oil
1 medium onion, chopped
1 tablespoon chili powder
1/2 teaspoon chipotle powder
1 medium yellow bell pepper, chopped
1 medium green pepper, chopped
1 large carrot, chopped
1 cup wheat beer, red ale or lager
1/2-1 ounce can fire-roasted tomatoes, puree
1/2-1 ounce can kidney beans, drained
1 teaspoon dried oregano
1/2 teaspoon salt

Preparation
In a large pot, heat the olive oil. Sauté the onion for five minutes over medium heat, until soft. Add the chili powder and chipotle and stir until fragrant. Then add the peppers, carrot and beer. Raise heat to high and bring to a boil, then cover and reduce to medium-low for 5 minutes. Uncover and add the remaining ingredients, stirring to combine. Simmer for another 5-10 minutes to combine the flavors and thicken the chili.

Serving Suggestion
Serve with a green salad, a hunk of cornbread and beer.

Nutritional Information
185 calories, 3 g. fat, 0 mg. cholesterol, 855 mg. sodium, 32 g. carbohydrate, 9 g. fiber, 7 g. protein
A Growth Story:
TUCSON TAMALE COMPANY

By Debbie Weingarten

A decade ago, Todd Martin, owner of Tucson Tamale Company, was working in corporate America. But one morning, he woke up and desired change. “This isn’t for me,” he thought. “I need to do something that fills my soul and not just my pockets.”

Out of this epiphany, Tucson Tamale Company was born. At first, it was a beta project. Todd was hoping for success, of course, but he was open to the idea that it might not take off. He began with a 1,000 square foot store on Broadway Blvd in November of 2008. “I wasn’t sure how people would react,” he remembers. “I was doing something different with tamales.”

He compares the creativity potential with tamales to that of sandwiches. “Anything you can put between two pieces of bread is a sandwich. So anything you can put in masa becomes a tamale.” He laughs. “So my tamales got pretty creative.”

From the beginning, Todd was committed to thinking seriously about his ingredients. Because he was not a fan of the aftertaste of lard, he began searching for something that tasted cleaner. He found it in non-GMO expeller pressed canola and sunflower oil. He was also committed to finding a source for organic non-GMO corn. Though it took time to find a reliable source, Todd was able to transition in the first two years after launching the business.

A few months after launching the Broadway store, Todd got a call from the Food Conspiracy Co-op, which became his first wholesale customer. The tamales did so well in the store that Todd was able to expand to other grocery stores. “At that point, we were growing slowly,” he says. “It took us about four years to get into Whole Foods and Sprouts, as well as some other co-ops. All told, we were in about 35 grocery stores in Arizona.”

When Steve Spencer—formerly of the Food Conspiracy Co-op—moved to Minneapolis to work with the National Co-op Grocers, he brought his love for Tucson Tamale Company. Todd says, “He told me ‘When you’re ready to expand nationally, give me a call.’”

At that time, Todd was not ready. Tucson Tamale Company’s production space was limited, and demand for their tamales greatly outpaced the company’s ability to make product. But the potential to sell tamales to a national marketplace, including a huge network of food co-ops across the country, was a motivating factor for Todd to scale up.

In November of 2015, Tucson Tamale Company moved into an 8,000 square foot production facility. This created the potential to expand production between 10 and 15 times what it had been. Todd reached out to Steve and the National Co-op Grocers, and began attending national natural food expos, preparing to increase their market.

The growth that occurred on the heels of the company’s decision to scale up was nothing short of incredible. When 2016 began, Tucson Tamale Company had product in 35 Arizona grocery stores. Today, at the end of the year, Tucson Tamale Company’s tamales are sold in 400 grocery stores around the country.

“The Food Conspiracy has been a catalyst for so much of our growth in the past year,” says Todd. “If you trace it back, it was important that we got into the Co-op in the first place and built such a great relationship. And the fact that we did so well at the Co-op allowed us to get approved through the National Co-op Grocers.”

Looking forward to the New Year, Todd says their goal is to grow the wholesale and internet business. From the beginning, customers have been asking Tucson Tamale Company to ship frozen tamales all over the country. By the end of 2016, Todd expects that they will have shipped over 8,000 packages of tamales this year. He forecasts 14,000 packages for 2017.

As Todd has grown his business and moved into other grocery stores, he remains grateful for his friends at the Food Conspiracy Co-op. “We share a lot of the same values. We have the same food philosophy, in my opinion. And there’s a spirit of local and wanting each other to do well,” Todd says. “We couldn’t have done this without the Co-op.”
Two or more people around a table sharing a conversation about real issues in the food system over a slice of pie. This is the concept behind People, Pie and Partnerships. P3 aims to bring different voices and perspectives together, bringing issues to light and documenting them for deeper exploration. Topics will be audio or video recorded and archived, and a brief Q & A distillation will be published here in Conspiracy News. If you have a food system topic for us to consider for a future P3 conversation, please send your ideas to newsletter@foodconspiracy.coop.

As you read, remember that there is no substitute for being able to have a direct relationship with your producer and to learn the deeper story of our food. We ask that you speak up, insert yourself, share information you learn here, have conversations at the water cooler at work—and of course, around a table with a slice of pie.

Our first P3 conversation examines the regional challenges and opportunities for raising livestock and sourcing animal feed—an important topic for food producers and for consumers of local meat, eggs, and dairy. We hosted two local farmers:

Cie’nna Schlaefli works for the San Xavier Cooperative Farm, an 863-acre farm that produces a significant amount of alfalfa, as well as a number of food crops. The farm is located in the San Xavier District on the Tohono O’odham Nation, just south of Tucson. The San Xavier Cooperative Farm has been a cooperative of tribal land owners since 1971.

Anastasia Rabin runs a small homestead in Cochise County’s Sulphur Springs Valley, a large agricultural valley about 100 miles east of Tucson. She raises goats, hogs, and turkeys.

Anastasia: I have 160 acres of rangeland, which is one of the reasons I have goats—to make use of the land as it is, with no irrigation or inputs. Mostly they are range-fed and supplemented with some grain—a mixture of oats, locally grown milo (which I can get by the ton), and black oil sunflower seed. These are all non-GMO grains grown with low water inputs. I supplement with locally grown alfalfa and hay from local farmers, if the rangeland conditions are poor.

I got into producing hogs as a way to use the whey, which is a byproduct from the cheese I was producing. I get the hog feed from Maderite, which is the primary feed mixer and distributor in the area. I do not feed hogs alfalfa—you do not fatten pigs on high fiber vegetable diet! I also take my hogs out on the range.

I am not able to get anything organically grown or anything non-GMO, unless it happens to be a non-GMO crop like milo, or sorghum. I use Maderite ration for hogs and the hogs get it soaked in whey. There is not one single producer of non-GMO corn in the valley. I researched where I could get organic feed, and the only place is Modesto Milling in California. But their sources for corn and soy are overseas—from Turkey, Romania, India and China. Ninety-five percent of the soy and corn produced in the U.S. is GMO.

Anastasia: San Xavier grows organic on a pretty large scale. Cie’nna, you could speak to what crops grow organically, right? Cie’nna: Realistically, to produce the amount that is needed organically, I wouldn’t want to use [the pesticides] approved for organic use, even though they are plant based. GMO Alfalfa is prevalent in the Marana area. Luckily we are surrounded by the City of Tucson on one side and the desert on the other. We also grow traditional corn and could grow feed corn eventually since there is a market for it. The Board directs us to prohibit the use of GMOs, chemicals, and herbicides. We have been authorized to use some soil amendments, like phosphorous, because alfalfa mines the soil of certain minerals. Alfalfa is the cash crop for the San Xavier Farm. It pays for people, keeps the farm going, and keeps the income coming in. It is grown organically, except for the use of the phosphorus amendment.

Anastasia: Who buys your alfalfa? Is it mostly for horses? Cattle? Dairy cattle? Cie’nna: We have a little retail store and people come to buy hay—mostly local cowboys. We don’t have huge truckloads going out. It’s sold 10 to 100 bales of hay at a time. We have learned recently how volatile the alfalfa market is. A couple of years ago, when the price of alfalfa was $11, there were horse farmers and small scale animal producers that got out of it. When the prices were high—everyone got into it. Then the price bottomed out and we could only sell it for $7 or $8 and lost out on half of our income of our cash crop. Since it is so volatile in the alfalfa market, we started to research the grass market. It is a much more stable market. Bermuda is something that we need to look at. Alfalfa for dairy has to be really clean. We visited a large scale dairy with an organic line to see if we could produce for them, and to see if growing Certified Organic alfalfa would make sense for us. Because their standards are so high, they jump around from farmer to farmer. They are not loyal to anyone. It’s too risky.

Cie’nna: Were you able to get and sell at a premium price for your pork? Anastasia: Yes, I was able to sell at a really good price. I was selling chops for $11.50 per pound, shoulder roast for $8.00 per pound, ham for $7.00 per pound, cured bacon for $10.00 per pound—with me paying for the curing and packaging. This would be a cheaper price than premium pork sold retail. This is before Willcox Meat Co. Gave up its state inspection license. I stopped selling by the cut to sell by the animal—$3.50 per pound on the hoof for the live weight of the animal whole, half or part with my customers were paying for the processing fees. Two-thirds of the cost was feed and one-third was processing—not including labor, equipment etc. The hogs worked because they belonged as integrated parts of the farm. I am making cheese, milking goats, and I have vegetable scraps. If I can put a waste product into a high end product, then it makes sense and it’s worth it. But I had rangeland, a routine with my animals, the nearby and cheap source of feed and processing. And unless you are doing it on a scale that your trucking costs pay for themselves, I don’t understand how it makes sense for people closer to Tucson.
Cie’na: Besides the intermediary parts, like the feed miller/distributor and meat processor, what are the essential infrastructure pieces that are needed?

Anastasia: A big one is the disconnect between rural and urban realities and a lack of cultural continuity. There is a growing disconnect, physically and in other ways, from farming areas with infrastructure and burgeoning metropolitan population that want what we are producing. Lack of labor is one of the huge missing pieces that have steered the agriculture in Sulphur Springs Valley away from producing what I call resource-appropriate crops for a local population, and towards all commodity crops that are insured by the federal government and done with machines. We don’t have labor. You can’t earn enough to pay people.

The disconnect is not only physical, but in the city there are a lot of people that are not from here, not regionally oriented, and that’s not enough to create cultural continuity. There is still this Wild West “to each their own” independent mentality, where the resources are infinite. It’s the same concept that capitalism is based on when, in fact, we know that resources are very, very finite. Where land, water, and people are a commodity. It’s not like we choose for it to be a commodity—it already is! Land and water are being bought and sold and shipped to China.

Anastasia: San Xavier is really like an island. It is so close to the urban area and has the potential to be a major producer for this region. The Native concept of resources, appreciating the source and cultural resources is what it takes. You have cultural continuity to carry forward, don’t you think?

Cie’na: San Xavier is positioned to become a major producer because the community is making it a priority. There is a vision document with permaculture values built into it. The traditional vision is that you don’t separate you farms, your living, your culture—they all feed each other. The same goes for the farm with the Tucson community. Our little piece at San Xavier is built for the people, the tribe, and the reservation, but they realize that their market is outside the reservation. That’s how they can bring income to employ people. It’s bringing economy to a community that has 80% unemployment. We are looking at all viable options for the farm from feed, processing meat, to raising animals.

Historically how people have survived here is by community harvests, the community taking care of the land, and community sharing. It’s not “I’ll grow this and I’m going to sell it to you.” For example, tepary beans are labor intensive. People would gather together and then divide the harvest. Or go out into the desert and harvest cholla buds or prickly pear. It was a community effort.

Cie’na: The capitalist system expects farmers to have everything ready all the time. Farmers work 60-80 hours a week for nothing, some are on food stamps, and largely without medical insurance. So, short of paying farmers a salary for being land and culture stewards, and for producing food for local populations, how do you suppose we reconcile or even balance the ways that people and valuable resources are commodified?

Anastasia: We are expected to sell what we are producing at a price that covers everything. How much am I supposed to work? How many hours do I work in a day? Do I get a day off? Heck yeah, I would take a salary. Farming is a public service, like a librarian or a teacher. Really, I think people need to be more directly involved. Disconnect from the capitalist system that wants to do everything for you. Do something for yourself so you can empathize with what it takes to produce food.

In the depth of winter, I finally learned that within me there lay an invincible summer.
-- Albert Camus

WINE SALE
January 18-31
15% off wine for everyone
Get an additional 10% off when you buy any 6 bottles!
In the next issue of Conspiracy News, we’ll be launching our media partnership with the Pima County Public Library’s Seed Library. Whether you’re a lifelong seed geek or a budding gardener, you’ll have the opportunity to learn from true seed experts in each issue of Conspiracy News. For more information about their important work, read our Q&A with seed librarian Justine Hernandez.

**FC:** Tell us about the Seed Library!

**JH:** Seed Libraries in general, including the Pima County Public Library’s Seed Library, are some of the most beautiful and powerful modern day expressions of community, generosity, hope, and resiliency. The Seed Library is a community supported stock of open-pollinated and heirloom seeds that anyone with a Pima County Public Library card can borrow and plant. Ideally, Seed Library borrowers will enjoy fruitful garden harvests from the seeds they plant. But we also hope gardeners will leave some of the plants in their gardens to mature even further, allowing them to go to seed. Then they can be collected and shared back with the Seed Library for future gardeners to plant. This continues the cycle of borrow, grow, and share.

The Seed Library’s vision is for a connected community that has the power to grow healthy. And our mission is to provide equitable access to seeds, knowledge, and opportunities. For us, this means we are working toward engendering a community of gardeners and seed savers who are contributing to a community sustained and regionally adapted seed stock. We want to our community to feel connected to one another through this act of sharing. We want the gardening and seed saving actions of our community members to feed their understanding of our current food system and empower them to be engaged in shaping it for the future.

**FC:** When was the Seed Library established? How did it happen?

**JH:** The Seed Library was established in January of 2012 and was largely motivated by the lack of access to fresh foods for many living in our community, as well as the unsustainability of our modern day food system. We took our inspiration from the Community Food Bank’s Santa Cruz River Farmers’ Market, which was helping to increase access to affordable, fresh, locally grown, nutritious food. The market was also connected to other CFB programs, going a step further to empower a healthier, more equitable food system by connecting people to the tools, knowledge and support to nourish themselves and their communities. Public libraries are “the commons” of our society, and are likewise in the business of enriching lives. They’re archives of our community’s collective knowledge and creativity, held in trust for everyone’s access and benefit. More recently, libraries have also become hubs for creation, connection, and sharing. So it seemed a reasonable fit for the library to create space for connecting our community to something as lovely and as empowering as the stewardship of our agricultural heritage.

**FC:** What types of seeds are stored in the seed library?

Gardeners will find several familiar varieties of open-pollinated (not hybrid) and heirloom food crop and decorative plant seeds in the
Seed Library’s drawers, but they’ll also find many more less common varieties that represent the incredible diversity that has gone missing from our modern day produce aisles (and that collectively we can help restore). You can find varieties with names that often reflect early stewards and geographies, like the local favorite, Mrs. Burns’ Famous Lemon Basil, named after the mother of Native Seeds/SEARCH founder, Barney Burns, or the tasty and exotic Indonesian Kennikura Cosmos. The biggest misconception about the Seed Library is that all of the seeds in our drawers are native seeds. There are several varieties of native species, especially native pollinator species, but many of our initial “starter” seeds are open-pollinated and heirloom varieties that have been generously donated by out-of-state seed companies, such as Baker Creek or Seed Savers Exchange. Our collective job as a community of gardeners and seed savers is to create hardy, desert adapted, local seed stock from these seeds through the continual process of planting and saving our seeds.

FC: How can Tucsonans use the seed library? What type of assistance is provided by the seed librarians?
JH: Anyone with a Pima County Public Library card can check out up to 10 packets of seeds each month. People can stop into any one of the 8 branch locations that house the actual seeds to browse through the drawers of seeds, or they can search the library’s online catalog and place seeds on reserve to be sent to their local branch for later pick-up. Seeds are arranged alphabetically by common name, so you’d search the “B” drawers for bean varieties and “C” drawers for chard varieties. The seeds are also categorized by “easy” and “advanced,” which refers to what level of seed saving knowledge and skill is involved in successfully saving seed from that variety. Easy seeds are from plants that are self-pollinated, whereas advanced seeds are from plants whose pollination needs are met through crossing pollen from one flower to another. Many of the favorite crops of beginner gardeners also happen to be easy-to-save seed, such as lettuce, tomatoes, and beans.

Even for the more seasoned gardeners, seed saving definitely presents a steep learning curve. We want to be sure that the seeds our gardeners are saving and sharing back to the community are properly saved and healthy. That said, we encourage gardeners to plant the seeds from the Seed Library and spend some time in their gardens observing, learning, and cultivating their understanding of their garden’s life-cycle before trying to save seed right away. Of course, the Seed Library will only continue to exist through the community’s seed saving efforts, which is why we encourage everyone who takes part in planting from the Seed Library to set a goal to eventually become contributing seed savers.

It makes sense that we need to allow ourselves to learn to garden before becoming seed savers, so we’ve directed a lot of our energies toward helping people grow as gardeners. We’ve built up a pretty hearty collection of gardening books with an emphasis on organic and desert gardening (when available). We also work with Master Gardeners, local garden experts, and on their “off” season, the Community Food Bank, to offer a range of gardening programs throughout the library system. We also offer seed saving classes throughout the year, but most energies up until now have largely gone toward basic gardening.

Because we’re such a large library system (27 branches) and seeds can be picked-up at any one of the branch libraries, the Seed Library Team has devoted a lot of time creating online resources for guiding borrowers to what’s ready to sow, how to plant it, and what to consider if they’re thinking about saving seeds from their crop. Gardeners can also find printed versions of our “now sowing” guides at any of the 8 Seed Library locations. I recommend that everyone spend some time browsing our webpage. It’s chock-full of great information!

FC: What do you love the most about being a seed librarian?
JH: Mostly I love that I get to be a part of revealing the big heart of our community. I am such a believer in the generosity and kindness of human beings, and I want to help create opportunities for us to act on our nature. I want the library to be a part of cultivating that through seed sharing.

FC: Can you share an inspiring “success” story from a home gardener or budding seed saver?
JH: For me, the success story really is our community’s story. Several days a week, we arrive at work to find seedy offerings spilling out of our Seed Library cubby. Even though roughly half of what’s shared is destined for the “seedball” mystery mix, my seed librarian sisters and I do a little happy dance in celebration of people’s generosity and willingness to participate in this community-wide adventure (though it’s not lost on us how important continued education is to turn enthusiasm into long-term success and sustainability). Roughly 35 percent of the seeds that are in the Seed Library’s collection are of locally saved seed stock—that’s pretty significant! I’d call that a terrific success.
Generally Speaking:
Quarterly Q&A With Interim General Manager Eric Lauterbach-Colby

How long have you been on the Management Team?
For just over three years. Prior to that, I was Assistant Grocery + Wellness Manager and was the Staff Representative, which is a non-voting Board position elected by staff, so I am familiar with Board processes and policies. For the last year, I was designated General Manager (GM) responsible for attending many Board meetings and acting as General Manager when necessary.

Who is fulfilling your role as Grocery Manager while you serve as the Interim General Manager?
Sarah Schwoeb, the Garden Manager/Chill and Grocery Buyer, comes into the position having worked in many departments at Food Conspiracy. Sarah has worked at the Co-op for almost 11 years and is well equipped for the job.

Have you had an opportunity to think about goals for Food Conspiracy in the next six months? What are some of the goals that you aim to complete?
I am looking forward to this opportunity to lead our team, mentoring and training staff to be the best they can be. Also expanding the products and services that the Co-op is able to offer to the community. I’ve worked in natural foods since 2006 and have experience in food production since I was a kid, harvesting apples in Washington.

What do you feel are your greatest contributions to Food Conspiracy?
One of the biggest contributions was the revision of the Grocery + Wellness department during the remodel. I also expanded product selection, especially in fresh bread and the frozen and fresh meat department, freshened up the bulk room, and executed and expanded the Co-op Basics program (best price on milk in town!).

What will you need from others as you step into the role of Interim General Manager? From the Management Team? Staff? Board? Owners and FC community?
I am looking forward to working with the Board and management team so that we can improve operations, working conditions, shopping experience, and do better. I am fortunate to have such a great team of experienced staff, which makes moving into this phase much easier. I want to thank everyone in advance for their support.

What originally attracted you to FC and Tucson?
I showed up in Tucson already having experience in natural foods and was excited to find the Co-op. I applied and got a job right away! I enjoy the cooperative structure, the responsibility to the community, being as generous as we can with prices, staff benefits, and education. This organization stood out to me as an entity that was highly aspirational. I personally always aspire to do more and to do better, and I aim to bring the same aspirational attitude to my role as Interim General Manager.

What strengths of FC would you like to build on?
To me, the strength of the FC is the people. The Co-op has an amazing, knowledgeable staff that works hard everyday to provide great customer service. I want to be able to build on that knowledge and experience.

In what areas do you represent Food Conspiracy outside of the store? What associations or organizations?
My wife and I are members of lots of Tucson organizations. Like the Co-op, these membership-based organizations exist because of their members. They require an investment from the community to thrive. Some of the organizations we support are Living Streets Alliance, Arts Foundation for Tucson and Southern Arizona, The Loft Cinema, The Rialto, Arizona Public Media, Tucson Audubon Society, REI, Greater Arizona Bicycling Association and of course, Food Conspiracy! In addition to being members of these organizations, I serve on a committee for the National Cooperative Grocers, a national co-op of food co-ops, of which the Co-op is a member.

What do you most enjoy in your free time?
When I have free time, I enjoy spending it with my wife, Julie, who is my best friend. I enjoy riding my bike a lot. I participate in races in Tucson and I enjoy hitting the local trails to go riding as well. I am an amateur birder and I most of all I enjoy being creative in the kitchen. At the end of my work day, I like to spend time in the produce department discovering the fresh, local and unique ingredients we have. For example, the purple bok choy from Merchants Garden was our dinner last night.
How Good is HowGood?

Elizabeth Pietrack, University of Arizona Sustainable Built Environment Major and Outreach + Education Intern

In considering the issue of ethicality in food purchasing, there has long been a haze around which products satisfy specific standards. Food production standards such as USDA Organic, Vegan, Non-GMO, and Fair Trade strive to tell consumers more about what they’re purchasing, in order to help them make more informed choices. But while each label has its own strict standards, they are oftentimes narrow in their ability to measure ethicality. In contrast, the HowGood rating system ventures to compile information from over 350 ethical indicator sources, such as those listed above, in order to organize a more comprehensive ethical rating system for conscious-minded consumers.

Currently, HowGood has over 137,000 products rated through its system and makes this information readily available through its website, as well as through its mobile app.

How does HowGood Work?
The HowGood rating system arranges all of the ethical indicator data it gathers into three overarching categories: Sourcing, Production, and Organization. These categories are then broken down into distinct subcategories with multiple indicators.

Once all of the data is collected HowGood ranks the product into one of three categories: Good, Great, or Best.

Here at the Food Conspiracy Co-op, there are numerous HowGood-rated products available in order to help shoppers be as informed as possible when making purchasing decisions. One such product is Mountain Valley Spring Water, shown below with its HowGood rating: Between the website, mobile app, and in-store tags on HowGood-rated products, making more informed buying decisions at the Co-op has never been so easy!

GET THE HOWGOOD APP FOR ANDROID OR IPHONE!

Key Features:
- Unlimited Usage
- View all the ratings: Good, Great, Best
- No cost, no ads
- Scan or search for the best products in your grocery store
- Information about your food that you can trust

We’re already on the search for writers and photographers for the next issue of Conspiracy News. The theme is “Heating Up” and submissions are due by March 1.

Email newsletter@foodconspiracy.coop with ideas or suggestions. Food Conspiracy member-owners who participate in the newsletter can qualify for a discount.
Cure – A Journey Into the Science of Mind Over Body

By Glenn Furnier, Food Conspiracy Board Member

Jo Marchant, a geneticist and medical microbiologist who worked in a London hospital, believes in the importance of the scientific method. While she has encountered many patients able to be cured by modern medicine, she has also encountered those who are not, including patients with gut pain, fatigue, chronic pain, and depression, who are dismissed as not having a “real” condition. Scientific trials show real effects of alternative treatments, such as meditation and hypnosis. She started wondering whether doctors were missing a vital component by not considering the effect of the mind on health and as such, began her inquiry into what science has demonstrated about alternative medicine.

We have a dichotomy in medicine today. Western medicine is rational, reductionist, and rooted in the material world. It views the body as a machine and uses physical methods to diagnose and treat it. With new instruments available for measuring physical matter, we have reached an extreme where if a patient feels ill but a doctor cannot find a problem, it is not treated as a real disease. The introduction of controlled medical trials in the 1950s moved us away from patients’ subjective experiences. While this has been very effective in treating many conditions, it has been less so in dealing with widespread chronic conditions, such as pain, depression, and dementia.

In contrast, more traditional medicine is holistic, prioritizing people over conditions, and subjective experience and beliefs over objective trial results. Clinical trials show that most alternative remedies work no better than placebos, but they are widely used.

Placebos are pills or treatments that actually have no “active” ingredients. Nonetheless, they can lead to improvement in a patient’s condition. Doctors have long considered the placebo effect to be a delusion of their patients. If a therapy was no better than placebo in trials, it was thrown out, even if both treatment and placebo groups improved. A study of 53 controlled trials of surgical procedures found that in half of them placebo was as good as treatment. Many of our psychiatric drugs seem to work principally via the placebo effect. In other words, the “active” ingredients do not appear to be very active, but if the patient thinks that the drug will work, it makes a difference. Placebos also present the advantage of being safer and cheaper. Harnessing this undeniable effect has created an ethical dilemma for doctors who don’t want to deceive their patients by giving them pills that do not contain any drugs. This dilemma may be partially solved by starting studies that show placebos can help patients even when they know they are receiving placebos. It seems that just thinking someone is trying to help you may actually help you.

Marchant goes on to examine scientific studies of a wide range of alternative treatments, including hypnotherapy, cognitive behavioral therapy, acupuncture, virtual reality, and meditation. She also examines data on the important role of social bonds on health. Many of these have logical bases in how our minds affect our health. For example, the health benefits attributed to religion appear to be identical to those provided by a series of measures one can take to reduce stress, meaning that the deity is not necessary, but considering the mind is. The bulk of this book is a fascinating journey through innovative experiments and trials that show the importance of the mind in improving people’s medical outcomes.

There are limits to what alternative medicine can do. It seems to be most effective for conditions that involve a strong component of mental state. These treatments will rarely lower your cholesterol levels or shrink a tumor, but we are moving into a world where many of our biggest medical problems, such as chronic pain and depression, do have a strong mind component. Unfortunately, very little effort is dedicated to testing these alternative therapies, in large part because the private sector provides the majority of funding for trials and they are not interested in treatments that do not generate large profits. Many medical researchers are suspicious about these treatments, so even government agencies devote very little funding to testing them.

Marchant concludes that taking account of the powerful role of the mind in treatment is actually a more scientific and evidence-based approach than relying ever more heavily on physical interventions and drugs. The majority of health problems we face are not physical or psychological, but rather both. We need to use all the available tools, trying to improve medical outcomes by treating patients as the complex human beings we are, rather than simply as physical bodies. This book definitely gives a reader a lot to think about.
Trusting Your Gut!

Replacing 1 disposable cup a day for 1 year with a reusable mug you prevent:
- 281 gallons water usage
- 23 lbs co2 emissions
- 16 lbs solid waste
- 1 tree and save $91

You Choose!
Single Use or Reuse?
Join the reuse revolution!

Trust Your Gut!

Probiotics Sale
10% off for everyone
January 4-17
Your Vote Your Voice!
Participate in Cooperative Economic Democracy

By Kelly Watters, Education & Outreach Manager

Food Conspiracy Co-op is governed by a nine person Board of Directors, each of whom serves three-year terms. Each year, the Co-op member-owners typically elect three members to three-year terms. This year there are two candidates for the three open positions.

Candidate information is available on our website at www.foodconspiracy.coop, in this issue of Community News, and will be posted in the store as the elections get underway on February 1st. Democratic Member Owner Control is the second of the seven cooperative principles. Voting in this election is one of the ways this principle is expressed. The Board of Directors represents all of the owners of the Co-op and, as such, is responsible for the operation of the business through the General Manager. The Board also works to form a vision to guide the Co-op into the future.

Cooperative Community Fund Grants
“The cooperative economy that you want can only come about if you invest in its making.”
~Cooperative Community Fund

Food Conspiracy Co-op’s Cooperative Fund (CCF) is one of 38 local Cooperative Community Funds in the country, all of which are sponsored by the Twin Pines Cooperative Foundation. Since the CCF’s creation in 2001, Food Conspiracy Co-op has participated and has invested several thousand dollars into our CCF. Collectively, the endowment CCF partners have donated almost $400,000 to hundreds of nonprofits and cooperatives. The entire TPCF/CCF assets of over $2.9 million are invested in cooperative development organizations and cooperatives. TPCF states that its investment leverages another $30 million for co-op development. You can help build Food Conspiracy’s CCF by choosing to give at the register, as our original Round Up, just ask to give to the George Milan Fund. You can also contribute online at the Twin Pines Cooperative Fund page to the “Give Where You Live Campaign” at http://community.coop/ccf/donate. In coordination with the Board election each year, the interest earned from our CCF is donated to local nonprofits. Every year owners elect which nonprofit organizations will receive a Cooperative Community Fund Grant. If you are involved with a local nonprofit, it’s not too late to apply to be considered for a CCF grant. Contact outreach@foodconspiracy.coop for more information before the Friday, January 20th deadline. More information is at www.foodconspiracy.coop

MEET THE CANDIDATES

Wednesday, February 8th 4:00 – 6:00 p.m.
In the café at the Co-op
Stop by and meet with candidates and cast your vote in the store.

Electronic Voting or Paper Ballots
All member-owners with an email address on file will receive a link to the voting page. If you are a member-owner and do not have an email on file with us, you may visit www.foodconspiracy.coop. Member-owners who prefer paper ballots can vote in the store. You may also vote via the website on a computer in the store. You will be able to vote online starting February 1 through February 26. The last opportunity to vote will be on Sunday, February 26th, at the Annual Meeting. There are so many ways to vote, and we hope you choose the most convenient way for you. However you choose to vote, please sure your voice is counted.

Candidate questions:
Please provide us with a personal statement discussing your personal story and what connects you to Food Conspiracy and Tucson.

What motivates you to run for the board?
What strengths, skills, or expertise would you bring to the board?
If you can find healthy, organic food at another grocery store, why choose Food Conspiracy?
Which of the 10 cooperative values resonate with you?
David Miller
I am currently a board member and the treasurer on the Board. In addition, I am volunteer director and treasurer for several non-profits and am a consultant for other non-profits. The Food Conspiracy has come a long way since I became a member-owner in 1986. The Boards have created new policies and continue to work to understand and embrace what it means to be a director and their role in guiding the Food Conspiracy. We are in a competitive market, with many new food stores opening in Tucson which effects our operations. This will require management and board to work together so that we can continue to provide for the needs of our member-owners. I can and am willing to be a part of this process. I will continue to do my best to be a team member and assist the Food Conspiracy in its growth, both in the store and in our community.

What motivates you to run for the board?
My belief that the Co-op is a community based grocery store that supports many needed activities in our community and is a do-good organization. We make a difference and I enjoy being part of the process.

What strengths, skills, or expertise would you bring to the board?
Six years on the FC Board has given me knowledge that can only be acquired through interaction with board members and the member-owners. In addition, I can share my financial expertise with the board which can help in the making of prudent and wise decisions.

If you can find healthy, organic food at another grocery store, why choose Food Conspiracy? The values of the Food Conspiracy are unmatched by any other grocery store.” I stand 100% behind these values and have done so for 30 years.

Which of the 10 cooperative values resonate with you the most and why?
Although all of the 10 cooperative values resonate with me, I would choose “caring for others” for it sums up the FC “Ends”:
- Healthy, high quality food and products as locally and sustainably produced as possible.
- A thriving, ethical, environmentally conscious and cooperatively owned business.
- Education that encourages informed choices about health, food, the environment and cooperatives.
- An expanding presence in the community.

Susan Silverman
As an organic gardener, writer, educator, researcher, fund development specialist and artist, I bring more than 30 years of project-based experience in networking and maximizing community resources. I have been a Tucson resident and Food Conspiracy Co-op (FC) member since 1990 and served on the Board of Directors from 1993 - 1996 (when I played a key role in helping FC emerge out of bankruptcy). Currently, I am the Executive Director of Growing Alternative Resource Development and Enterprise Network, Inc. a nonprofit 501 (c) 3 organization with a focus on arts, environment, education, and healing. GARDEN, Inc. offers fund development services to 80+ individual artists, nonprofits and businesses. Throughout my career, I have raised over 2.8 million in grant-based funding, and now I work with TUSD Food Services to secure support for school gardens and nutrition education initiatives. I am still an active shopper and I want to help our Co-op thrive!

What motivates you to run for the board?
The need to have easy access to a secure supply of healthy, organic food that can help feed my family and my community is what motivates me most to run for the Board. Even in this time of changing climates, FC can help provide healing and nutritious food for all.

What strengths, skills, or expertise would you bring to the Board?
I bring a unique skillset to the Board including: 1) special expertise in nonprofit business and fund development, 2) past food co-op board of directors leadership experience at both Food Conspiracy (1993-1996) and Tucson Cooperative Warehouse (1997-2000) and 3) close connections with local organizations and activists working on community sustainability initiatives.

If you can find healthy, organic food at another grocery store, why choose Food Conspiracy? It is easier than ever to find healthy, organic food, but I shop at Food Conspiracy because I know that my money is invested back into my community to support local farm, to educate members about good nutrition and healthy lifestyles, and to model a more cooperative way of life.

Which of the 10 cooperative values resonate with you the most and why?
I resonate with all ten cooperative values. Those that stand out the most for me are the self-responsibility, honesty and caring for others. As Rabbi Hillel said: “If I am not for myself, who will be for me? If I am not for others, who am I? If not now, when?”
CONSPIRACY NEWS

NOW HARVESTING

from Conspiracy Gardens

Asian greens, Chard, Romaine lettuce, Curly roja, Curly green and Dino kale