



The Garlic Press

February 2003

All BFC members are welcome to contribute to the Garlic Press. Please contact Shelly Thomas to submit your article contributions.

Remember - this is your newsletter!

Dates to Remember:

Orders Due - Tuesday, January 28, 2003

Distribution day - Tuesday, February 11, 2003

Order Reminders -

February orders can be dropped off to the co-op mailbox at: 821 Fairway Trails, Brighton, 48116

Northeast Orders

Dolores Johnson
5816 Oak Creek
Brighton, MI 48116
e-mail: doloressjohnson@hotmail.com

Outside Vendor Orders

Cynthia Scholes
6556 Barrie Circle
Brighton, MI 48114
e-mail: cdscho@comcast.net

Frontier Orders

Arlene Friskey
P.O. Box 111
Fenton, MI 43430
e-mail: friskeycafe7@chartermi.net

Distribution News

Don't forget to sign your name, time in/time out on the sign in sheet when you arrive/leave distribution!

Message from A.M. Coordinator -

We were missing several of our A.M. workers, so unloading and breakdown went fairly slowly. Thank you to Davis and Helene Kinville for all their help during distribution. What a great pair of helping hands! And many thanks to Gaye Passow for printing up instructions for the Bulk table. This will make bulk breakdown so much easier! - Celia Kinville

Message from the P.M. Coordinator -

Many thanks to Cindy Damon, Janice Mechan and Celia Kinville for staying and helping with cleanup. These hardworking co-ops put in almost six hours on the floor. We are looking for 3 strong people to work P.M. cleanup to load tables. If you are able to work the P.M. shift and can handle some heavy lifting please contact Terisa Tengler.

Please check with Terisa Tengler before you leave distribution. When you get the O.K. from

Terisa to leave, be sure to write down your time-out on the sign in sheet.

Attention Home Workers! Please do not arrive any earlier than 2:00 to pick up your order. It will not be ready before then and you may be "volunteering" to work the floor!

I'm delighted to be the new P.M. coordinator but due to my pregnancy, I will be doing a lot of sitting down! I'll be located at the checkout table if you have any questions and/or problems. Thanks for your understanding and cooperation! - Terisa Tengler

Message from the President -

There's no question that last distribution was certainly a rough one. It just goes to show that change doesn't come easy. Even though the order wasn't big, we were short on member help and we had a lot of members in new positions. So there was a lot learning going on. When this happens, patience and communication can go a long way. You may have to put in longer than 4 hours at distribution. That's the nature of Co-op; run by the people for the people. Please hang in there; it is going to get better.

We will be placing February's orders on-line via FoodLink. If you already have FoodLink 5.0 downloaded on your PC, know how to use it, and feel comfortable using it, place your February order via Foodlink. If you have not yet downloaded FoodLink 5.0, please call Celia Kinville or Janice Mechan for a CD. If you have any questions regarding the use of FoodLink 5.0, contact Dolores Johnson. She will be happy to advise you on the downloading of settings. Keep in mind, though; she will not be able to help you with technical questions. Otherwise, you may use the NE Web form to place your order at <http://66.40.254.32/forms/NECordform.htm>. By placing your order on-line, it will become easier for you right on down to distribution.

Change isn't easy, but it's inevitable. Together we'll see it through. Thanks to all of our dedicated co-op members. - Cindy Damon

Northeast Co-op under new ownership

United Natural Foods, Inc has purchased Northeast Co-op. Other co-op distributors such as NorthFarm and Blooming Prairie are also under the UNFI umbrella. This is great news as it will mean more selection and fewer out of stocks. For more information on the buyout please visit www.northeastcoop.com.

Membership Dues –

Just a reminder that your membership dues need to be paid to Joan Johnson by January 31, 2003. Membership dues are \$10.00 for the year with no restrictions on the number of times you order.

Child Care at Distribution? –

We are still looking for interested persons to start or participate in a childcare program for co-op members. If your home-schooled teen is looking for some community

service credits or if you're a mother with small children and would like to use BFC childcare, please contact a board member for more information.

Batching information –

submitted by Dolores Johnson.

In an effort to improve order input, the batchers have requested members use the min/max feature when placing an order for less than a full case. If you are willing to take a full case in order to get the product please put that number in the maximum field. If you are worried that your order will get too large monetarily, just let the batcher know your limit and she will not go over it. Also, if you order a full case and don't want to split with anyone for that item(s) let the batcher know. When we batch orders we have dozens of decisions to make. If we know what you really want, it will help. We try to avoid batching frozen products to extras so the "max" feature is very important if you want to receive the item.

Vendor News

Nut Notes from Suzanne Radelt –

The following items can be ordered if quantities are sufficient (10 lbs. min.). I will try to order at least one variety of raw nuts.

- ❖ Walnuts
- ❖ Almonds – R/S and/or Raw
- ❖ Cashews – R/S and/or Raw
- ❖ Energy Mix
- ❖ Sweet & Salty
- ❖ Chocolate covered raisins
- ❖ Chocolate covered peanuts
- ❖ Pecans

Frontier Products –

Arlene has not yet received the promised Frontier ordering CD's. She suggests you visit Frontier's website www.frontiercoop.com to view their catalog. You may e-mail

your order to Arlene (see new e-mail address) or you can fax it to her at 810-714-0275.

Wish List

Please note: when submitting wish list items, please include item number, product name, page number and if on sale. Any items missing this information will not be included on that month's wish list. This will help simplify wish list entries. If a product comes only in case quantities, try to order at least ½ case. No guarantees, but this will increase your chances of receiving your product. Also, if 2 people order same type of product but different brands, the batcher has the option of consolidating the orders. Thanks for you co-operation! – Ed. ☺

Wish List for February –

Northeast Co-op Wish List –

- #99892 – LingLing Potstickers chicken, pg. 20**
- #99882 – LingLing Spring Roll chicken, pg. 20**
- #60414 – Kettle chips Honey Dijon, pg. 45**
- #10244 – Bulk Choc Chips Semisweet, pg. 23
- #91012 – Horizon Choc Mild OG 32 oz., pg 17
- #20530 – Bulk Oat bran OG, pg. 37
- #23882 – Lundberg Rice Long Grain White OG, pg. 37
- #97582 – Casc Green Beans OG, pg. 22**
- #97562 – Casc Peas OG, pg. 22**
- #97510 – Casc Calif Blnd OG, pg. 22**
- #30430 – Newman Cookie Fig Newman LF, pg. 34**
- #94700 – Stnyfld Cherry/Berry Squeeze OG, pg. 19**
- #94704 – Stnyfld Strawberry Squeeze LF OG, pg. 19**
- #98868 – Fillo Apple Turnovers OG., pg. 20
- #27380 – SanBra Olive Blk Pitted Jumbo, pg. 32
- #30042 – Hain Oyster Crackers FF, pg. 34**
- #60246 – LtlBear Crunchitos Ex Cheddar, pg. 34
- #64156 – Santa Choc. Syrup OG, pg. 48**

** Indicates sale item.

PRODUCE WISH LIST -

#16020 - Bananas
 #23954 - Tomatoes
 #26362 - Eggplant

OUTSIDE VENDOR WISH LIST -

Frontier Products -
 #2301 - Arrowroot powder,
 \$10.41/#
 #2592 - Cumin Seed Ground OG,
 \$19.90/#

Organics in the News*Organic Problem Solver -

Problem: You want your sidewalk to stay ice-free this winter, but you don't want salty runoff to ruin your lawn and stunt your beautiful border plants.

Solution: Salt is an efficient de-icer, but it can be lethal to plants. Instead, Warren Schultz, author of *The Organic Suburbanite* (Rodale, 2001), recommends alfalfa meal. The nitrogen in alfalfa meal promotes melting, while its granular texture provides traction. After it has done its job, the used meal can simply be swept into beds as a natural soil amendment. Any nitrogen in the melt water will give nearby plants a gentle boost come spring. Another option is to spread a mixture of sand and kitty litter. It won't melt the ice, but it provides good traction. When the temperature rises, sweep up the mixture and save it for the next time. Avoid products billed as "landscape friendly" ice melters. Their active ingredient is likely synthetic urea fertilizer, which, while not as caustic as salt, can burn plants and leach into the groundwater.

*Offensive Gut Reaction in the U.K. to GMOs -

British scientists at the University of Newcastle have discovered DNA material from genetically engineered plants in human gut bacteria. While

proponents of biotechnology claim genetically modified materials pose no health concerns - a claim hotly in dispute - many of these crops also contain antibiotic-resistant marker genes. Some scientists fear that ingesting enough of these genetically engineered genes over time could compromise a person's ability to fight off infection.

*Washington Wimps Out with Voluntary Review of Biotech -

Federal regulators have proposed a safety review policy for biotech crops that is neither mandatory nor retroactive. Critics of biotechnology say the proposed rules, published in the *Federal Register* in August, are ineffective measures aimed to appease a wary public and to offer the biotech industry protection from liability. If the rule is adopted, crops might undergo a preliminary safety assessment by the FDA or the EPA before full-scale field trials could begin. The White House Office of Science and Technology Policy, which proposed the rules, hopes that if experimental genetic materials undergo preliminary safety testing, and then do accidentally cross-pollinate with other crops or find their way into the food supply (as has happened before), a massive food recall might be avoided.

*Overheard -

"Even a superficial glance down supermarket shelves would seem to show that the American consumer has an abundance of choices when it comes to food products. In reality, however, this is an illusion of choice rather than a real opportunity to experience food diversity. We certainly have a wide variety of brand names from which to choose. Unfortunately, the 'variety' of corporate brand logos does not reflect biological variety. In fact, almost all of our processed food products are made from the same few raw food materials - corn,

wheat, rice and potatoes. As a result, just nine crops now account for over three-quarters of the plants consumed by humans." From *Fatal Harvest: The Tragedy of Industrial Agriculture*, edited by Andrew Kimbrell (Foundation for Deep Ecology in collaboration with Island Press, 2002).

*Above articles reprinted from Nov/Dec '02 Organic Gardening.

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Home Workers

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