

# Brighton Food Co-op Newsletter

## April 2017

Hi Members!

Well, once again, some UNFI snafu resulted in our delivery being delayed by one day. Amy Ray spoke to a representative from UNFI who promised this would not be a continuing issue.

Thanks to Dolores Johnson, Jim Brown and Nancy Couch-Nowak who were able to show up this morning at 8:00 AM to help distribute the order. Special thanks to Amy Ray's dad, Jim Andres, who subbed for Amy since she had to work this morning. The truck arrived just after 8:00 and we finished and were out the door by 10:30.

Members who ordered UNFI products but were unable to help with distribution due to the change in schedule, may pick up their orders at the church. Orders were left in the co-op room. Call the church at 810-227-9596 to make sure the office will be open. Enter through the front door and go downstairs.

**Co-op computer:** After the membership approved the expenditure, co-op treasurer Gina Barnowsky purchased a laptop computer for co-op use and has installed Quick Books on it for accounting. She also purchased a rolling case with plenty of pockets for the paperwork she needs and a place for the computer. Now everything that is needed for co-op accounting is in one mobile place. Thanks Gina!

**Newsletter:** Thanks also to Amy Ray for sending out a newsletter last month in my absence!

**Holistic and Organic Wellness Fair:** During the circle meeting we discussed the May 21 fair to be held in Wixom put on by Verdurous Me & Healthy Traditions Network (the Detroit Chapter of the Weston A. Price Foundation). We agreed it would be advantageous for the co-op to have a booth at the fair to make people aware of us and to promote co-op membership. Co-op business cards will be available and Carrie Oakwood and Christie Winch agreed to come up with some handouts and displays. Amy Ray, Gina Barnowsky and Carrie Oakwood volunteered to staff the booth but we could use another person or two so please contact Amy if you can help out.

**Recipes:** I'm always looking for easy salad recipes to go along with whatever I am making for dinner. Here are two from Food Network using fresh spring produce.

### Carrot-Mustard Slaw

Soak a thinly sliced red onion in water for 15 minutes; drain. Whisk 1 1/2 tablespoons dijon mustard, 2 tablespoons white wine vinegar and 1 tablespoon capers. Whisk in 1/3 cup olive oil, and salt and pepper to taste. Toss with 1 pound shredded carrots, 2 thinly sliced celery stalks, the onion slices and 1/4 cup chopped dill. (Use leftovers on your turkey or tuna sandwich for tomorrow's lunch.)

### Green Salad with Strawberry Balsamic Vinaigrette

- 2 teaspoons strawberry jam
- 1 tablespoon balsamic vinegar
- 3 tablespoons extra-virgin olive oil, eyeball it
- Salt and pepper, to taste
- 1 pint strawberries, sliced
- 4 to 5 cups chopped romaine or mixed greens of any kind

Place jam in a medium bowl and whisk in vinegar then extra-virgin olive oil. Season the dressing with salt and pepper. Add the strawberries and greens to bowl and toss to coat evenly in dressing.

Recipe courtesy of Rachael Ray

**Next distribution:** April 2017

- Creswick Order Due: April 9
- OV/Frontier Order Due: April 12
- OV Filled Cases Due: April 16
- Creswick Delivery: April 17
- UNFI Order Due: April 19
- Distribution: April 26

Here are some things to keep in mind when ordering:

- ❖ Check, check and double check your **UNFI** order to **make sure you check "split"** if you do not want an entire case of a certain item. This is **REALLY** important!

- ❖ If you have an issue with any product you ordered through the co-op be sure to notify the board immediately. Copy your email to all three of us:
  - Amy: [amrmom70@gmail.com](mailto:amrmom70@gmail.com)
  - Gina: [ginabarnowsky@gmail.com](mailto:ginabarnowsky@gmail.com)
  - Marilyn: [mmitchell1945@aol.com](mailto:mmitchell1945@aol.com)

As always, if you have a comment or suggestion about co-op please contact Marilyn. The board is always looking for ways to improve the co-op experience for our members!

