

Brighton Food Co-op Newsletter

April 2019

Hi Members!

First things first. Welcome back Michelle Kaloustian! We are so happy that you have rejoined the co-op! Not sure how you went so long without your favorite Zingerman's butter baby cake but we know you are enjoying the one you ordered this month. ☺

Possible Change of Distribution Day and Time: Last month our UNFI driver Tony has suggested changing distribution from Wednesday afternoon to Thursday morning for a more consistent delivery time. However, most members wanted to continue to hold distribution on Wednesday afternoon so that's what we will do.

Outside Vendors:

Creswick – We will probably skip the Creswick delivery in July so you may wish to adjust your monthly ordering in May and June so you don't run out of your favorites meats and those fabulous eggs!

Albanese – The last candy order until the fall will be placed in May. Albanese now requires a 10 lb. minimum to order any one item. Dark chocolate covered cherries and dark chocolate covered malted milk balls will probably be ordered by some members and there will probably be splits available so if you are interested please check it out.

Frontier – Kathy mentioned that Frontier is carrying a new product line called "Attitude" featuring personal and household products.

Spice of the Month: If there is a particular herb or spice you would like Kathy to order for the Spice of the Month in May, please email her at katherine-mckay@comcast.net In an effort to minimize the amount of plastic used for spices, Kathy asks that members save empty spice containers so she can use them for the spice of the month.

Recipe: Here's a recipe I made from Dinner at the Zoo recently that was so good!

MEXICAN CHICKEN SOUP

This Mexican chicken soup is tender chunks of chicken with vegetables, chiles and potatoes, all in a savory tomato broth.

Prep Time 15 minutes Servings 4
Cook Time 30 minutes Calories 300

INGREDIENTS

- 2 teaspoons olive oil
- 1/2 cup onion diced
- 2 stalks celery sliced
- 2 carrots peeled, halved and sliced
- 4 ounce can diced green chiles
- 2 cups cooked chicken diced or shredded
- 15 ounce can diced tomatoes do not drain
- 2 tablespoons taco seasoning
- 6 cups chicken broth
- 1 Russet potato peeled and diced
- salt and pepper to taste
- 1/2 cup corn frozen, fresh or canned
- 2 tablespoons chopped cilantro (optional)

INSTRUCTIONS

1. Heat the olive oil in a large pot over medium high heat. Add the onion, celery and carrots and cook for 3-5 minutes or until softened.
2. Add the green chiles, chicken, tomatoes, and taco seasoning to the pot, along with salt and pepper to taste. Stir to combine.
3. Add the chicken broth and potato. Bring to a simmer.
4. Cook for 20-25 minute or until potatoes are tender. Stir in the corn.
5. Cook for 2-3 more minutes, then top with cilantro and serve.

Next Distribution:

May 2019

- Creswick Order Due: May 5
- OV/Frontier Order Due: May 8
- OV Filled Cases Due: May 11
 - Creswick Delivery: May 13
 - UNFI Order Due: May 15
 - Distribution: May 22

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: ammom70@gmail.com
 - ❖ Dolores: doloresjohnson68@gmail.com
 - ❖ Marilyn: 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!

