

Brighton Food Co-op Newsletter

August 2016

Hi Members!

Summer is probably one of our favorite seasons in Michigan ... except for the orange barrels dotting our roads when we need to go somewhere. Like co-op! The closing of Brighton Rd. for major work caused problems for members and the UNFI truck as well. But you know what? Even though the truck was a little late, we all pitched in and got it done. And we got it done by 1:00. Yay us!

Here's the rest of the co-op news you need to know:

Treasurer position available: Our treasurer, Denise Houk, announced that she will be resigning her position as of January. As an H and R Block tax person January through April are VERY busy months for her and she said she did not feel she do justice to both her job and the position of treasurer. So we thank Denise gratefully for the time and effort she has devoted to the co-op and hope that tax season will be a little less stressful next year!

Meanwhile, in order for the co-op to continue to function, we need someone to step up and volunteer to take on the treasurer's role. The treasurer receives \$50.00 per month which is deducted from her/his co-op statement. In addition, we no longer require monthly board meetings so hopefully that will interest anyone who might have taken on a board position but who could not meet a second time each month. Denise will be happy to answer any questions you may have about the position and will train her replacement. PLEASE let me know if you might be interested. **The future of the co-op depends on this position being filled.**

Motave Meadows: Some members had ordered salad greens this month but Eva said the greens came in too early and they had to be harvested then. She will have tomatoes and other produce available next month.

Stone Coop: Keep in mind that members can order produce from Stone Coop on the Food Club site until the Sunday prior to distribution. Be sure to check out Stone Coop's newsletter, The Weekly Beet, <http://www.stonecoopfarm.com/-the-weekly-beet.html>, to see the produce available that week. Just click on Produce Availability on the left side.

Syrup: Don't forget that syrup can be ordered each month. If you can't use a whole gallon, send an email to the rest of the co-op and you may find someone to split it with. Be sure to bring quart jars so the gallon can be split.

Recipes: Tired of making zucchini bread? **Here's a recipe from Whole Foods that can help you use up all of the zucchini that is hitting the farmers markets right now.**

Pan Seared Zucchini with Fresh Basil & Lemon Vinaigrette

Dairy-Free, Gluten-Free, Vegan

Thick rounds of summer squash seared in a piping hot pan — cast iron is best — until just blackened, then tossed with a fragrant fresh basil and lemon vinaigrette.

Serves 4

- 3 TB extra virgin olive oil
- 2 TB lemon juice
- 1 tsp lemon zest
- 2 TB fresh basil, chopped
- 1/4 tsp sea salt
- 2 large green zucchini

Make the vinaigrette: In a small bowl, mix together the olive oil, lemon juice, lemon zest, fresh basil and salt.

Make the zucchini: Slice the zucchini into large rounds. Warm a 10-inch skillet (cast iron is best) until very hot. Place the zucchini in pan and sear over high heat, until blackened, 2-3 minutes. Flip onto other side and sear additional 2-3 minutes, until both sides are blackened.

Place zucchini on a large platter. Spoon vinaigrette over zucchini. Serve warm.

Nutrition Info

Per serving (182g-wt.): 120 calories (100 from fat), 11g total fat, 1.5g saturated fat, 2g protein, 6g total carbohydrate (2g dietary fiber, 3g sugar), 0mg cholesterol, 160mg sodium

I recently got garlic scapes from Stone Coop and made this delicious pesto. It can be frozen or used right away on pasta. Throw in some grape tomatoes and maybe some chicken, add the pesto and a ¼ C. or so of pasta water, toss and you've got a delicious summer meal!

Garlic scape and basil pesto

4 to 5 garlic scapes, roughly chopped

Large handful basil leaves

1/4 cup almonds (or walnuts or pine nuts), toasted in a dry skillet until slightly browned

1/2 cup olive oil

1/2 cup Parmesan cheese

1/2 teaspoon salt

Combine the garlic scapes, basil and half the oil in a small food processor or blender. Process or blend until the leaves and scapes are finely chopped, then add the nuts and remaining oil. Process or blend until nicely pureed. Remove to a bowl and stir in the cheese. If necessary, add more olive oil to create a loose paste. Season with more salt if needed.

Don't forget: I'd love to have members send me recipes they enjoy making using products purchased through the co-op. Just send them to mmitchell1945@aol.com

Next distribution:

August 2016

- OV/Frontier Order Due: Aug 3
- Creswick Order Due: Aug 6
- OV Filled Cases Due: Aug 7
- UNFI Order Due: Aug 10
- Creswick Delivery: Aug 15
- Distribution: Aug 17

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:
 - Dolores Johnson: doloresjohnson68@gmail.com
 - Denise: djhaukcoop@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!