

Brighton Food Co-op Newsletter

August 2017

Hi Members!

Distribution went smoothly again today and even though the UNFI driver was a little later than usual, we were done by 2:30. The order was somewhat smaller this month probably due to family vacations. Hopefully things will pick up again when school starts in the fall.

Creswick: If you have a Creswick order coming, you can pick it up at the church after July 24. Just call the church to be sure it will be open when you arrive and come in through the front door. The next Creswick order is due July 31 and will be delivered on August 7, which is a week before distribution day.

Zucchini: It's almost time for everyone's favorite veggie! And what a versatile veggie it is! Zucchini can sub for pasta in lasagna, it can find its way into soup, salad, bread and even cake! It seems like August is the month when the zucchini harvest is at its prime so PLEASE send me your favorite zucchini recipe(s) and I will share them in next month's newsletter.

Recipe: I made Rishia Zimmern's Chicken with Shallots recipe last night, which I found on the New York Times Cooking site, and it was DELICIOUS! I followed the recipe pretty closely but you could substitute chicken broth for the wine, onions for the shallots and basil, rosemary or other herbs for the tarragon. This recipe is a great way to use your Creswick chicken thighs and the cherry tomatoes from your garden or favorite farmers market.

INGREDIENTS

- 8 bone-in chicken thighs
- 2 tablespoons flour
- 1 tablespoon kosher salt
- 1 tablespoon ground black pepper
- 2 tablespoons unsalted butter
- 12 to 15 whole medium shallots, peeled
- 2 cups white wine
- 2 tablespoons Dijon mustard

- 2 sprigs tarragon
- 2 cups cherry tomatoes, cut in half.

PREPARATION

1. Rinse chicken thighs in water, and pat them very dry with paper towels. Sprinkle over them the flour, salt and pepper.
2. Melt the butter in a large, heavy-bottomed pot or skillet set over medium-high heat. When the butter foams, cook the chicken, in batches if necessary, until well browned and crisp on all sides. Set aside.
3. Add the whole shallots to the pot and sauté them in the butter and chicken fat until they begin to soften and caramelize, approximately 10 to 12 minutes. Add the wine to deglaze the pot, stir with a large spoon, then add the mustard and tarragon, then the chicken thighs. Cover the pot, turn the heat to low and simmer for 30 minutes.
4. Remove the lid, and allow the sauce to reduce and thicken, 15 to 20 minutes.
5. Add the cherry tomatoes to the pot, stir lightly to combine and serve immediately.

Next distribution: August 16, 2017

- Creswick Order Due: July 31
- OV/Frontier Order Due: Aug 2
- OV Filled Cases Due: Aug 6
- Creswick Delivery: Aug 7
- UNFI Order Due: Aug 9
- Distribution: Aug 16

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
 - Gina: ginabarnowsky@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!

