

Brighton Food Co-op Newsletter

August 2018

Hi Members!

Well yesterday's distribution sure went smoothly! I arrived just after 11:30 with the Zingerman's order and shortly after that, the UNFI truck arrived. We were done and gone by 2:00 doing our happy dance!

October: Distribution has been canceled for October. That means if there are products you depend on each month, you might want to place a bigger order in September.

Distribution Hours Changed: Our UNFI driver informed us that he probably won't arrive until around 2:00 from now on since he will once again have deliveries to charter schools. So, next month, plan to arrive by 1:30 for set up.

Almar Orchards: We are in need of someone who would volunteer to pick up our order at Almar Orchards. Christie checked with Almar and they should have a good apple crop this year. The only opportunity to order from Almar will be in September since the October distribution has been canceled.

Frontier: If you have friends who might be interested in checking out the Frontier Co-op's offerings there is a new guest password which is BFCsGuestpw

Recommendations: Looking for some veggies to sauté with eggs, add to pasta or just eat out of the jar? Sherry recommends Mediterranean Organics Mediterranean Medley, which includes roasted peppers, fresh herbs, olive oil and more. After enjoying the veggies, the tasty oil can be used to sauté or as a salad dressing.

Recipe: Sherry's recommendation got me thinking about roasted red peppers. Here's a recipe from a website The Laughing Spatula that I am going to try. It sounds delicious!

Skillet Chicken with Creamy Roasted Red Pepper Sauce

Mix the sauce in a blender or food processor and pour over seared chicken...so easy, fresh and fast! This will become a family favorite! One skillet, 30 minute meal!

Prep Time 10 minutes Cook Time 20 minutes Total Time 30 minutes

Ingredients

4 chicken breasts
2 tablespoons olive oil
1 12 oz jar roasted red peppers - drained
3 cloves large garlic - rough chopped
1/4 cup fresh basil or 1 tablespoon dried
1/4 cup chicken stock
1/4 cup heavy cream
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon chili flakes (I would probably use more but that's just me!)
1/2 cup cherry tomatoes
1/2 cup crumbled feta
Additional fresh basil to garnish

Instructions

1. Add drained roasted red peppers to blender along with garlic, basil, chicken stock, cream and 1/4 cup feta cheese.
2. Blend for about 30 seconds or until smooth. Add salt, pepper and pinch of chili flakes. Taste for seasoning.
3. Heat olive oil in large skillet.
4. Sear chicken until lightly brown - about 3 minutes on each side (will not be fully cooked but will continue to cook in sauce).
5. Pour sauce from blender over seared chicken and simmer for about 20 minutes or until internal temp of chicken reaches 165.
6. Toss in cherry tomatoes about 5 minutes before chicken is done. Top with additional feta, goat cheese or parm!
7. Serve with pasta, bread, salad or fresh steamed broccoli.

Recent Good News regarding the Monsanto court verdict: Thanks to Sherry for the following links!

<https://www.organicconsumers.org/blog/monsanto-roundup-trial-verdict>

<https://www.organicconsumers.org/blog/kennedy-monsanto-roundup-trial-witness-wrong>

And on a very related topic, Sherry sent this link from a homeopathic doctor she respects about the importance of keeping our communities free of these poisons:

https://joettecalabrese.com/blog/pesticides-the-steep-price-of-perfection/?inf_contact_key=24b4ca3a981081db6d9aab99d07a6e6ebc464dd0e635d7ffed4565ff1aa1aada

Next Order: September 2018

- OV/Frontier Order Due: Aug 29
- Creswick Order Due: Sept 2
- OV Filled Cases Due: Sept 2
- UNFI Order Due: Sept 5
- Creswick Delivery: Sept 10
- Distribution: Sept 12

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!

