

## *"It's just food!"*

Brighton Food Coöp Newsletter

December 2012



*Happy Holidays!*

### Key Upcoming Dates:

- **Distribution:** There will be no distribution in December because our normally scheduled distribution for this month would have fallen on Christmas Day. Since UNFI won't deliver on Christmas Day, and most likely neither would any of our vendors, and none of our members would want to work a distribution on Christmas Day anyway, we decided to cancel the December distribution. **Our next distribution will be Tuesday, January 22<sup>nd</sup>.** Information about that distribution (including order due dates) will be published in the next (January) issue of the Newsletter.
- **Annual Membership Meeting and Potluck Brunch: Tuesday, January 8<sup>th</sup>** (at 9:30AM)
- **Next Board Meeting: Tuesday, December 4<sup>th</sup>, 1:45PM at Biggby Coffee of Hartland.**

Any BFC member is welcome to attend, but if you plan to attend, please notify Gina Barnowsky ([ginabarnowsky@gmail.com](mailto:ginabarnowsky@gmail.com)) so she can contact you in case of any change in time or location.

### Distribution Recap

Our November 27<sup>th</sup> distribution started out rather frosty for everyone who unloaded the UNFI truck. But sunny weather, hot coffee, and abundant healthy snacks warmed everyone up as the day progressed. Volume was higher than normal because many members were stocking up in anticipation of having to wait till January for the next distribution. Out-of-stocks and mislabels presented the usual challenges, but the post-Thanksgiving pre-Christmas mood kept spirits high. Most members were able to take their orders home by 2:00, but a few stayed till almost 4:00 to tie up loose ends.



## **Roasted Squash Soup**

*Recipe by Pat Lehnhardt  
Shared by Dolores Johnson*



<b>Ingredients</b>	<b>Instructions</b>
<ul style="list-style-type: none"><li>• 4 cups winter squash, diced</li><li>• 4 tablespoons olive oil, divided</li><li>• salt and black pepper</li><li>• ½ red onion, diced</li><li>• 2 large garlic cloves, minced</li><li>• 1 tablespoon fresh ginger, grated</li><li>• 1 tablespoon tomato paste</li><li>• 4 cups chicken or veggie stock</li><li>• ¾ teaspoon curry power</li></ul> <p>optional</p> <ul style="list-style-type: none"><li>• ½ cup heavy cream or coconut milk</li></ul>	<ol style="list-style-type: none"><li>1. Preheat oven to 450F</li><li>2. Place squash on a sheet pan. Drizzle with salt and pepper. Roast for 20 minutes, until softened and starting to brown.</li><li>3. In a large saucepan, heat the remaining olive oil, add the onion, and sauté until transparent. Add the garlic and ginger and continue to sauté another minute. Add the tomato paste; cook and stir for a minute. Add the stock and bring to a boil.</li><li>4. Add the roasted squash, salt and pepper to taste, and curry power. Lower the heat and simmer for 20 minutes.</li><li>5. Stir in the cream (opt.). Puree with a hand/ inversion blender until smooth, or mash with a potato masher.</li></ol>

If you have any recipes or news items you think would interest members of the Coöp, please send them to [jaqbrun@gmail.com](mailto:jaqbrun@gmail.com).

See you on January 22<sup>nd</sup>!

*Jim Brown*

BFC Communications Coordinator



***Live long and prosper;  
keep life in perspective;  
and don't ever forget--  
it's just food!***