

# Brighton Food Co-op Newsletter

## December 2016

Hi Members!

Despite a late arriving UNFI delivery, we still managed to have everyone out the door by about 12:45. Way to work together everyone!

**Super Important Information about the January Distribution:** Christie Winch will be out of town over the holidays. This means that any members who wish to order from outside vendors must do so by the December 21 deadline. Christie will submit the order on December 22 and head off on her cruise! In addition, several other members said they will also be out of town during the January distribution so we may have a smaller order than usual from all vendors including UNFI. Try to get your orders in early so we can fill as many cases as possible.

**January Annual Meeting:** The annual meeting will take place during distribution in January. We hope as many members as possible will attend since we will be voting on officers and proposed changes to our Policies and By-laws. The following members are running for office:

- ❖ Amy Ray - President
- ❖ Gina Barnowsky - Treasurer
- ❖ Marilyn Mitchell - Secretary

I have been working on proposed changes to the Policy Handbook and By-laws and will email them to members as soon as possible so you can review them prior to the annual meeting.

**Frontier and Albanese:** Kathy McKay will take over the Frontier and Albanese batcher position beginning in January. That luscious candy from Albanese will be available to order in January so check out those triple dipped dark chocolate malted milk balls, chocolate covered almonds and all of the other goodies. Thanks to Carrie Oakwood for the job she did as batcher and thanks to Kathy McKay for agreeing to take on the job!

**New Honey Vendor:** Gina Barnosky has been unable to contact our previous honey vendor so she has been in touch with Turtlebee Farms which will provide honey to the co-op at 14.88 per quart.

**Recipe:** Still have some of your Almar cider? Here's a delicious way to use some of it ... and it's a Weight Watcher recipe which is perfect for this time of year since some of us (me!) tend to over do sometimes!

### Weight Watchers Apple Braised Chicken (5 pts)

#### Ingredients

- 2 t. vegetable oil
- 1 pound uncooked boneless, skinless chicken breast, four 4-oz pieces
- 2 T. all-purpose flour
- 1 large onion(s), sliced
- 2 medium apple(s), firm, cored and sliced
- 1 cup apple cider
- 1 cup fat-free chicken broth
- 1/2 t. table salt
- 1/2 t. ground ginger
- 2 t. cornstarch

#### Directions

- In a large, heavy-bottomed skillet, warm oil over high heat. Toss chicken with flour in a medium bowl, patting off excess. Place chicken in skillet and brown well on both sides. Remove chicken from pan and set aside.
- Reduce stove temperature to low and add onion to skillet. Sauté, stirring often, until onion is tender and lightly browned.
- Stir in apples, cider, chicken broth, salt, ginger and chicken. Bring to a simmer, cover and cook for 30 minutes. Use a slotted spoon to transfer chicken, onions and apples to a serving dish.
- In a small bowl, whisk together cornstarch and 2 to 3 tablespoons of pan juices. Combine cornstarch mixture with remaining pan juices, whisking constantly. Simmer for one minute. Pour sauce over chicken and serve. Yields 1 chicken breast and about 3/4 cup of apple-onion mixture per serving.
- Flavor Booster: Pears and chicken are an appealing combination. Substitute 2 ripe Bartlett or Comice pears, peeled, cored and diced for the apples, 1 cup sparkling pear cider for the apple cider and 1/4 teaspoon ground nutmeg for the ginger.

**Don't forget:** I'd love to have members send me recipes they enjoy making using products purchased through the co-op. I'd especially like to get some recipes that are friendly to those of us with food allergies. Just send them to [mmitchell1945@aol.com](mailto:mmitchell1945@aol.com)

**Next distribution:** January 2017

- OV/Frontier Order Due: Dec 21
- ~~OV Filled Cases Due: Dec 24~~ Outside vendor orders must be in by Dec. 21
- Creswick Order Due: Dec 24
- UNFI Order Due: Dec 27
- Creswick Delivery: Jan 2
- Distribution: Jan 4

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](mailto:doloresjohnson68@gmail.com)
  - Denise: [djhaukcoop@gmail.com](mailto:djhaukcoop@gmail.com)
  - Marilyn: [mmitchell1945@aol.com](mailto: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!**