

"It's just food!"

Brighton Food Coöp Newsletter

February 2012

Key Upcoming Dates:

- Next Distribution: **Tuesday, February 21st** (Terra Bulloch will announce shift times.)
- Initial Orders Due: **Wednesday, February 8th** (by 9:00PM)
 - **UNFI** – Login to the Online System at <https://www.unfi.com> (Warehouse = Greenwood, IN).
 - **Frontier**: Send order to Megan Putnam at Speakfreek@aol.com.
 - **Outside Vendors (OV)**: Send order to Christie Winch at tc_winch@gmail.com.
Note: Nuts/Candy and Syrup can be ordered this time, but not Honey.
 - **Sami's Bakery**: Include your Sami's order with your OV order to Christie Winch.
- **Produce**: Include your Produce Share order with your OV order to Christie Winch. To suggest items for inclusion in the Produce Share or to inquire about availability of items for whole case orders, contact Nicole Brown at colerie@charter.net.
- Unfilled Case Orders Due: **Sunday, February 12th** (by Noon)
- **Creswick Meats**
 - No Creswick delivery in February
 - March Orders will be due on February 26th for pickup on March 17th

Distribution Recap

Despite the "musical chairs" of the past several months -- with every Coöp job changing except Communications Coordinator! -- the January 24th distribution went rather smoothly, and most members were able to check out by about 2:00. Our new Vice President, Terra Bulloch, settled into the job of managing distribution quite nicely, and several members helped with cashiering, which is often a bottleneck in the checkout process. The main issue brought up in the Distribution Meeting (formerly called Circle Meeting) pertained to transplants (AKA bedding plants). Our previous supplier of transplants, Superior Landscaping, decided to discontinue the Spring Voucher Program that had given us attractive discounts on flower and vegetable transplants. Now Motave Meadows, our seasonal supplier of organic greens and other produce, is offering to start a transplant program if there is enough interest. Unlike Superior, the Motave Meadows transplants would be certified organic. So far, members have expressed interest in an amazing variety of plants: tomatoes (heirloom slicing, cherry tomatoes), peas, broccoli, cauliflower, marigolds (especially Lemon Gem), cucumbers, melon, green beans, squash, zucchini, lettuce (early leaf: green & red), lavender (Munstead or Hidcote), calendula, rosemary, creeping thymes, dill, basil, parsley, cilantro, and sugar snap peas. Within the next week or so, our OV Batcher, Christie Winch, will announce which transplants Motave Meadows has decided to start in their greenhouse.

Nuts/Honey/Syrup Schedule

Because the job of Nuts/Honey/Syrup Coordinator was not settled until the Annual Membership Meeting (January 10th), nuts were not ordered in January, and honey and syrup were available only on the Extras Table. Now that Tina Pospeshil has taken over the job, she has laid out an ordering schedule for the next several months. Please plan accordingly!

Feb.: Nuts/Candy, Syrup

Mar.: Nuts/Candy Only

Apr.: Honey, Syrup

May: Nuts/Candy, Syrup

Jun: Honey, Syrup

As you may know, we have traditionally offered maple syrup every month, but alternated months for nuts and honey. The reason for this practice has to do with purchasing methods and workload balance. Maple syrup is produced in March and made available in April, at which time we buy an entire year's supply based on a projection of usage. Our supplier is a small, local farmer. By buying up much of his supply in April, we get a great price from him and also ensure that we can control our own supply later in the year. (He does have other customers during the year, and if he ran out in, say, November, we'd have to find another supplier at a much higher price to get us through the winter.) The Coordinator does have to store the syrup, but then she can just deliver it to distribution rather than going anywhere to pick it up. Honey, on the other hand, has to be picked up at Nectar Sweet Apiary every time we order it. That takes considerably more time and effort. Nuts and candy also require time and effort because they have to be ordered from Albanese, received in the mail, repackaged into individual member orders, and then delivered to distribution. To balance out the Coordinator's workload, then, we order honey every other distribution and alternate with nuts/candy.

Note that in the schedule Tina has laid out, we will order nuts/candy in both February and March – to compensate for the fact that we have not been able to order them since November 29th, but also to accommodate the candy demand for Easter, which falls on April 8th this year. Tina's workload in April will be especially heavy because she'll have to pick up both honey and syrup from the suppliers, so to balance out the workload, she will handle only nuts/candy in March. Again, please plan accordingly!

Great Recipes

Many members brought recipe cards with their potluck dishes to the Annual Membership Meeting. Unfortunately, I was so busy making waffles that I didn't get a chance to record any of them. If your recipe seemed to go over especially well, please email it to me, and I'll put it in the next Newsletter!

Meanwhile, speaking of waffles, here's a nice gluten-free recipe submitted by member Amy Ray:

Gluten-Free Pancake and Waffle Mix

by Amy Ray, adapted from Living Without Magazine

Dry Mix (can be made up ahead and saved for later)

- ¼ cup brown rice flour
- ½ cup sorghum flour
- ¼ cup tapioca flour
- 1 teaspoon xanthan gum
- 1 tablespoon baking powder
- 2-3 tablespoons sugar

Ingredients for Batter

- 2 large eggs
- 1 teaspoon vanilla
- 1 cup milk of choice, or water (Use water or non-dairy milk to make mix casein-free and whey-free.)
- 1 teaspoon oil of choice

Note: May add 4 oz. or ½ cup pureed vegetables (squash, carrots) or fruit, but will need to add ½ cup more of milk or water.

Mix the ingredients together. Heat oil in a skillet, or use a non-stick pan. When skillet is sizzling hot, pour in batter or drop by serving spoonfuls to make pancakes. Spread batter out in pan if needed. Cook until pancakes have bubbles throughout and bottoms are lightly browned. Flip with a spatula and cook briefly until done.

For Waffles:

Pour batter onto waffle maker and let cook until golden brown. If waffles stick, spray waffle maker with oil.

Now, beam me up, Scotty!

And see you all on the 21st!

Jim Brown

BFC Communications Coordinator



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