

"It's just food!"

Brighton Food Coöp Newsletter

February 2013



Welcome New Members Dan and Barbara Leimeter of Pinckney!

Welcome Back Michelle Kaloustian – to the Coöp and to the Board!

Key Upcoming Dates:

- **Distribution: Tuesday, February 19th** (Terra Bulloch will announce shift times.)
- Initial Orders Due: **Tuesday, February 5th** (by 9:00PM)
 - **UNFI** – Login to the Online System at <https://www.unfi.com> . (Choose **UNFI East Region**.)
 - **Frontier**: Send order to Megan Putnam.
 - **Outside Vendors (OV)**: Send order to Christie Winch at tcwinch@yahoo.com.
 - **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 Karen Klann at KarenSKlann@yahoo.com.
- Unfilled Case Orders Due: **Sunday, February 10th** (by Noon)
- **Creswick Meats**: No Creswick Order or Pickup in February!
- **Vendor 7**: Nuts, Candy, and Honey can all be ordered this time. Maple Syrup is out of stock and won't be available again until March or April. (In the meanwhile, try ordering it from UNFI.)

Upcoming Board Meetings: Thursday, January 31st, 10:30AM at the Brighton IHOP

Wednesday, February 20th, 1:30PM at Buon Gusto in Brighton

Any BFC member is welcome to attend, but if you plan to attend, please notify Michelle Kaloustian (lilichel@comcast.net) so she can contact you in case of any change in time or location.

Recap of Annual Membership Meeting

Our Annual Meeting was held on January 8 in one of the side-rooms off the main room where we hold our distributions at Chilson Hills Church. After a delicious potluck showcasing members' favorite breakfast dishes, the business meeting began at 10:30. Various topics were discussed pertaining to governance of the Coöp, and then members voted on candidates for the board and the proposed changes to the by-laws. Details of the meeting can be viewed in the minutes taken by Secretary Marilyn Mitchell, which are posted at <http://www.brightonfoodcoop.com/meetings/Annual 1-8-13.pdf>. The updated lineup of board members and home-workers is at www.brightonfoodcoop.com/board.htm.

Membership Renewals

Most members filled out and turned in their application forms at distribution, and their 2013 dues were simply added to their bills. If you intend to renew your membership, but did not order in January or renew at the Annual Membership Meeting, you can renew via the following process: Download the application form from <http://www.brightonfoodcoop.com/memapp.pdf>, print it, fill it out, and mail it with your check (made out to Brighton Food Coöp) to Denise Hauk by the end of January. Denise's address is 13443 Lake Shore Drive, Fenton, MI 48430. If you definitely intend **not** to renew your membership, please let Denise know by email ASAP (djhaukcoop@gmail.com).

Distribution Recap

What can we say – January's distribution was almost an epic! Shortly after the first shift showed up, the UNFI driver called to say his truck was stuck at the motor inn where he had spent the night. Apparently he couldn't start his diesel motor in the -5° weather and had to summon the trucking equivalent of AAA. When the truck finally arrived at the church, some members had already been at distribution for 5 hours! On the positive side, by then the temperature had warmed to a balmy +5°, so offloading the truck was not so much of a trip to Frostbite Falls! The rest of distribution went quickly and smoothly, but still, the last members weren't able to leave until around 5PM, making it the longest distribution in anyone's memory. Let's hope we never see another one like this again!

Finding Friendly

People join food coöps like ours for various reasons, but it's safe to say that most are concerned about the quality of the foods they eat, the safety of the household products they use, and to some extent, the impact of it all on the environment. Let's face it: Most of the products in a typical supermarket are not "friendly" to the body or to the environment! What seems like a spectacular variety of food products, for example, turns out to be just different combinations or applications of the same basic ingredients (corn, wheat, and soy, mostly genetically modified) with chemical additives to enhance flavor, color, and shelf life. In buying through the Coöp, we hope to get closer to the "Wholly Grail of Groceries": organic products whose production and distribution don't exploit people or damage the environment. But even through Coöp that can be a real challenge!

Yes, there are some no-brainers: You can't get any friendlier than Motave Meadows, and Almar is close behind. But beyond those two, we start to have issues. Our honey and maple syrup are produced locally, but they're not organic, and neither are the products from Creswick, Rosewood, Zingerman's, or Ann Arbor Tortilla Factory. B&B is organic, and the company itself is sort of local (northern Indiana), but most of the produce comes from distant lands, especially at this time of year. Likewise, Higher Grounds is local and fair-trade organic, but the coffee beans have to be shipped thousands of miles to reach the roastery. Many UNFI products are organic, but many more are not, and that non-organic percentage seems to be growing. Moreover, too many of the organic products (especially in the snack category) can still be considered "processed" or even "junk" food. Once we get to Albanese and Sami's Bakery, we've pretty much abandoned the hope of friendly food. Sami's may have delicious, gluten-free products, but they're not organic, and they have to be shipped all the way from Florida; and Albanese is basically just a confectionary. (Their products may taste great, but who knows where the ingredients come from?!)

So "finding friendly" can be kind of a frustrating experience, even for us coöpers; and just when we think we're on the right track, we read something like this:

<http://www.guardian.co.uk/commentisfree/2013/jan/16/vegans-stomach-unpalatable-truth-quinoa>.

Talk about the Law of Unintended Consequences!

Still, by coöping we're making a statement – however imperfect – about the way things should be, and we have reason to take some comfort in that, even if we have little reason to feel smug about it!

Other Links on the Website

As you know, the Coöp has a website whose main purpose is to provide information about us both to members and to visitors who may be interested in joining us. That's probably how you reached this newsletter. But other than looking at the newsletter, the Outside Vendor price lists, and maybe the 3-month calendar on the home page, most BFC members are probably not inclined to explore the website. One part of the website in particular may have escaped your notice: the Other Links page at

<http://www.brightonfoodcoop.com/links.htm>

That page has links to other websites relevant to BFC, especially those pertaining to health, nutrition, the cooperative movement, food politics, and the environment. There are even links to member websites and, of particular note, to the the Coöp's presence on Facebook:

the BFC Page at

<https://www.facebook.com/BrightonFoodCoop>

This page displays some basic information about the Coöp, including the location of our distributions. To "Like" us, you have to be logged in to your Facebook account.

the BFC Group at

<https://www.facebook.com/groups/53959852030>

This group serves as a forum for members of the Coöp. To join the group, you have to be a current or former member. In that case, click on the "Join Group" button, and the group administrator will approve you.

Solicitation Advisory on the Web

Last March, the Newsletter presented a list of coöp members who have part-time jobs or small businesses on the side that provide useful products or services. That list is now on the website at <http://www.brightonfoodcoop.com/solicitors.pdf>. If you're interested in these products/services, you're welcome to contact the associated members about what they sell/do.

Great Recipes

If you tried to make granola using Terra Bulloch's recipe in the August 2012 issue of the newsletter, you probably noticed that a key ingredient was missing: Rolled Oats! The recipe has now been revised, and you can find it at <http://www.brightonfoodcoop.com/news/NewsAug12.pdf>.

No new recipes were submitted this time. If you have any recipes or news items you think would interest members of the Coöp, please send them to jaqbrun@gmail.com.

See you on the 19th!

Jim Brown

BFC Communications Coordinator



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