

# Brighton Food Co-op Newsletter

## February 2018

Hi Members!

Distribution went smoothly on January 31, with the Ann Arbor vendor products arriving around 11:30 followed in short order by the UNFI truck. Yay! We love it when things run so flawlessly!

New Member: We have a new member, Amy Sochacki. Welcome Amy! We are excited to have you join us and we are confident you will enjoy not only the variety of healthy, natural and organic products offered through the co-op but also the friendship of our members. Please call on me or any of us if you have questions!

Annual Meeting: The BFC Annual Meeting was held in conjunction with distribution and 10 members were in attendance. After a tough primary season, with many members vying for board positions, 😊 incumbents Amy Ray and Marilyn Mitchell were unanimously reelected as president and secretary. Longtime member Dolores Johnson stepped forward to run as treasurer and was also elected unanimously. (Thank you so much Dolores and thanks to Gina Barnosky for serving as treasurer last year!)

Discussion at the Annual Meeting centered around whether to try to go to every other month distribution. Since our numbers are smaller than in the past and consequently our orders are smaller perhaps members would find it more efficient to meet every other month and would appreciate freeing up six Wednesdays a year. Some questions arose:

- ❖ Will UNFI agree to that schedule?
- ❖ If so, would that cause any changes in date or time of our delivery?
- ❖ Will there be any problem with the church re: only using the space every other month?

Amy Ray agreed to get answers to those questions and get back to members with the answers. In the meantime, we agreed to go ahead with the February 28 distribution, at which time we will discuss this issue further. Please feel free to get back to me with any thoughts you have about this suggestion.

Zingerman's Price Increases: Christie Winch got word from Zingerman's that they have to increase prices on about 50 of their products. Christie will update the prices on Food Club.

Creswick Ordering Date for February 28 Distribution: The original date on the BFC website was changed. The new due date is Sunday, Feb. 11 and the delivery will be on Monday, Feb. 19. Orders can then be picked up at the February 28 distribution.

Stone Coop Market Shares: Get a 10% discount if you purchase Market Shares prior to March 31. So if you buy a \$100 share you get \$110 in product, \$200 share equals \$220 in product. Go to the Farm's website to sign up and then let Christie Winch know you bought a share so the farm can deduct it from our bill each month.

Recipe: Thanks Kathy McKay for sharing this delicious sounding, gluten and dairy free recipe. She and her husband really enjoyed it!

Healthy Cauliflower 'Mac and Cheese: by: Jennafer Ashley

Recipe blog: [paleohacks.com/cauliflower-mac-and-cheese/](http://paleohacks.com/cauliflower-mac-and-cheese/)

Total time: 35 mins

Cook Time: 20 minutes

Prep Time: 15 minutes

Serves: 4

Cauliflower florets are smothered in a creamy, dairy-free cheese sauce that instantly evokes memories of this childhood classic with a healthy makeover.

### Ingredients

1 head of cauliflower, cut into bite-sized florets

1 cup unsweetened almond milk

1 cup baby carrots

1/2 cup raw cashews

2 T nutritional yeast

2 T yellow mustard

1 t paprika

1/2 t garlic powder

1/2 t onion powder

1 T chopped scallions, plus more for garnish

1 t sea salt

## Instructions

Begin by bringing 2 cups of water to a low boil in a medium-sized pot. Add cauliflower florets and boil 10 minutes, covered, to tenderize. Drain and set aside. While the cauliflower steams, combine cashews and carrots in a separate small pot with enough water to cover. Bring to a boil and reduce heat to simmer. Cover and simmer for 10-12 minutes or until carrots are soft. Drain carrots and cashews. Place into a blender with almond milk, nutritional yeast, mustard, onion powder, garlic powder, paprika and sea salt. Blend until smooth and creamy.

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](mailto:ammom70@gmail.com)
  - ❖ Dolores: [doloresjohnson68@gmail.com](mailto:doloresjohnson68@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!**

