

Brighton Food Co-op Newsletter

January 2017

Hi Members!

Well, we certainly had to rise to the occasion yesterday and today since UNFI changed our delivery to Thursday this month because of the Christmas holiday being celebrated on Monday. Of course, we were already at the church on Wednesday when we got the news. But it all worked out just fine due to the patience and hard work of our members and the cooperation of our UNFI driver Keith.

January Annual Meeting: The annual meeting took place during distribution. After a hard fought campaign, ☺, the following members were elected to office:

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

In addition, the proposed changes to our Policies and By-laws that were emailed to members earlier were approved.

Chilson Hills Hosting Homeless: Once again, the church is hosting the homeless overnight on Tuesdays in February and March and providing breakfast before they leave in the morning. The plan is that they will be done by 9:30 but just in case they are running late, we thought we would let members know to avoid any surprises.

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!

Creswick: Terra Bulloch has returned to the co-op (yay!) and will take over Creswick since Gina Barnowsky is now treasurer. Thanks to both of them!

Recipe: Farmers' Market Gluten Free Quinoa Salad

For our gluten free members, I found this recipe online from Bon Appetit Magazine. However, I think anyone who likes quinoa would like this salad. Don't worry about getting these exact ingredients in this exact combination. Think of the recipe as a guide not a formula! Any nut you like will work here for crunch, and you're looking for a mix of bright herbs and enough cooked grains to make this quinoa salad recipe substantial.

Ingredients

- ½ cup raw pistachios
- 8 ounces green beans and/or wax beans
- 4 ounces sugar snap peas
- Kosher salt
- ½ cup coarsely chopped fresh tender herbs (such as parsley, chives, basil, tarragon, and dill)
- ⅓ cup olive oil
- 2 tablespoons white wine vinegar
- 2 teaspoons Dijon mustard
- Freshly ground black pepper
- 2 small or 1 large head of broccoli, florets chopped (about 1 ½ cups)
- 2 cups pea shoots (tendrils)
- 1 cup cooked quinoa

Preparation

1. Preheat oven to 350°. Toast pistachios on a rimmed baking sheet, tossing once, until golden brown, 8–10 minutes. Let cool, then coarsely chop.
2. Meanwhile, cook green beans and sugar snap peas in a pot of boiling salted water until no longer raw but still very crunchy, about 2 minutes. Using a slotted spoon, transfer to a bowl of ice water and let sit until cold, about 3 minutes. Drain, pat dry, and thinly slice into bite-size pieces.
3. Blend herbs, oil, vinegar, mustard, and 2 Tbsp. toasted pistachios in a blender, adding water by the tablespoonful if dressing is too thick, until smooth and the consistency of heavy cream. Season with salt and pepper.

4. Toss beans, peas, broccoli, pea shoots, quinoa, and remaining toasted pistachios in a medium bowl to combine. Drizzle salad with dressing and toss again to nicely coat everything; season with salt and pepper.

Next distribution: February 2017

- OV/Frontier Order Due: Jan 18
- OV Filled Cases Due: Jan 22
- UNFI Order Due: Jan 25
- Creswick Order Due: Jan 29
- Distribution: Feb 1
- Creswick Delivery: Feb 6

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
 - Denise: djhaukcoop@gmail.com
 - Marilyn: 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!

