

Brighton Food Co-op Newsletter

January 2019

Hi Members!

Despite the temperatures being in negative numbers we had a great turnout for our January 30 distribution and Annual Meeting. President Amy Ray thanked everyone for their attendance and for sticking with BFC for another year. We may be small but we are mighty (sort of). Amy announced that the \$20 annual membership fee would be added to member statements this month. Elections were held and there were no surprises: Amy was reelected as president, Dolores Johnson was reelected as treasurer and I was reelected as secretary. (Thank goodness we didn't spend a lot of time campaigning!)

Pre-school Flood: Due to a flood in the pre-school wing, construction work is taking place, which means that for the time being, there is a large construction trailer parked near our entrance. In addition, the pre-school is also using the large room where distribution takes place. Amy will check with the church secretary to be sure there is no conflict for the next Creswick delivery and the next distribution.

Outside Vendors:

Higher Grounds - Due to political unrest in the region, pricing for Ethiopian coffee has become volatile. Christie Winch suggests members contact her if they want to know the price each month before ordering.

Zingerman's - Dinner rolls are now being sold in 6 packs instead of singly. (And oh the grapefruit tarts are AMAZING!)

Honey - There was no honey available this month because Christie was unable to reach Buell's. They may be in Florida - SMART!

Syrup - Just a reminder that members can split gallons of syrup between themselves as long as all four quarts from each gallon are sold. Just make arrangements and bring quart jars to distribution.

Spice of the Month: Frontier batcher Kathy McKay suggested a trial of a monthly bulk spice option, since buying in bulk is so much cheaper. Here are just a few examples from Frontier:

Item	Bulk Price	Jarred size	Price per jar
Ground cumin	6.95 per lb.	1.76 oz.	4.28
Garlic salt	5.25 per lb.	4.75 oz.	3.98
Paprika	11.30 per lb.	2.10 oz.	5.25

Obviously it pays to buy bulk but who can use a pound of any one spice or herb? So, Kathy is suggesting she could order one item in bulk each month if there are members who would be interested in splitting a pound. Please contact Kathy at katherine-mckay@comcast.net if you are interested.

Membership List: I will attach the membership list to the email along with the newsletter. Please look it over and make sure your information is correct and up to date.

Next Distribution: February 27

Creswick Order Due: Feb. 10
OV/Frontier Order Due: Feb. 13
OV filled Cases Due: Feb. 16
Creswick Delivery: Feb. 18
UNFI Order Due: Feb. 20
Distribution: Feb. 27

Recipe: Creamy Parmesan Garlic Mushroom Chicken

I have made this several times and it is so good! It's from the Recipe Critic.

Ingredients for chicken

4 boneless, skinless chicken breasts, thinly sliced
2 Tablespoons Olive oil
Salt and Pepper
8 ounces sliced mushrooms

For the sauce

¼ cup butter
2 garlic cloves, minced
1 tablespoon flour
½ cup chicken broth
1 cup heavy cream or half and half
½ cup grated parmesan cheese
½ teaspoon garlic powder
¼ teaspoon pepper
½ teaspoon salt
1 cup spinach, chopped

Instructions

1. In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked through. Remove chicken and set aside on a plate. Add the sliced mushrooms and cook for a few minutes until tender. Remove and set aside.
2. To make the sauce add the butter and melt. Add garlic and cook until tender. Whisk in the flour until it thickens. Whisk in chicken broth, heavy cream, parmesan cheese, garlic powder, pepper and salt. Add the spinach and let simmer until it starts to thicken and spinach wilts. Add the chicken and mushrooms back to the sauce and serve over pasta or rice as desired.

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
 - ❖ Dolores: doloresjohnson68@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!