

Brighton Food Co-op Newsletter

July 2016

Hi Members!

Sorry the newsletter is later than usual. Gary and I have had guests for the last 10 days so I didn't get around to it. I brought two of our guests, my sisters-in-law Patti and Trudy, to the distribution and they were very impressed by the organization and the variety of food and other products available through the co-op. Neither of them have access to a co-op but after seeing us in action, they wish they did. Unfortunately, both live out of state or we would have two new members!

Speaking of new members, don't forget to give one of our business cards to anyone you think might be interested in the co-op. ☺

Here's the rest of the co-op news you need to know:

Motave Meadows: Summer's here and the time is right for lots of delicious Michigan produce. We had some of Eva's wonderful salad mix available at distribution, which was a nice surprise. The greens make wonderful salads and since they are so fresh they keep longer in the fridge than the greens available in supermarkets. Eva from Motave will let us know what will be available in July.

Stone Coop: I ordered baby carrots and beets from Stone Coop last week along with red leaf lettuce. Yum! I highly recommend them! Keep in mind that members can order produce from Stone Coop on the Food Club site until the Sunday prior to distribution. Be sure to check out Stone Coop's newsletter, The Weekly Beet, <http://www.stonecoopfarm.com/-the-weekly-beet.html>, to see the produce available that week. Just click on Produce Availability on the left side.

Zingerman's: Everything Zingerman's produces is delectable but I've got a couple of recommendations. First, the gelato from the Creamery. Summer is the perfect time to enjoy one of the many cool and creamy flavors they offer, like dark chocolate, lemon or pistachio. Summer is also the time when so many fresh fruits are available and what better way to enjoy them than in a dessert? We buy the Sweet Cream Biscuits from the Bakehouse, split them open, spoon in some ice cream or gelato and then pile on the berries or peaches. Mmmmm!

Syrup: Don't forget that syrup can be ordered each month. If you can't use a whole gallon, send an email to the rest of the co-op and you may find someone to split it with. Be sure to bring quart jars so the gallon can be split.

Recipe: I got this delicious salad recipe from Whole Foods and it's a great way to use Motave Meadows salad mix. The recipe states, "Blueberries add a burst of sweet, acidic flavor and significant antioxidant nutrition. The olive oil and orange juice dressing is enlivened by lemon thyme leaves. Add grilled or broiled chicken or tempeh for a heartier meal."

Berry Blue Salad

Serves 4

- 8 cups loosely packed organic baby field greens or a combination mixed with baby spinach leaves
- 1/2 cup fresh blueberries
- 1/4 cup blue cheese crumbles
- 1/2 cup thinly sliced red onion
- 1/3 cup extra virgin olive oil
- 1/3 cup orange juice
- 1-2 TB fresh lemon thyme leaves
- 1 TB minced shallot (optional)
- Sea salt and freshly ground black pepper to taste
- 1/4 cup roasted sliced or slivered almonds

Place greens, blueberries, blue cheese and red onion in a serving bowl. In a smaller bowl, whisk together olive oil, orange juice, lemon thyme leaves, shallot if desired, and salt and pepper to taste. Toss salad with the dressing and garnish with roasted, sliced almonds.

Nutrition Info

Per serving (208g-wt.): 260 calories (200 from fat), 23g total fat, 4.5g saturated fat, 6g protein, 13g total carbohydrate (4g dietary fiber, 4g sugar), 5mg cholesterol, 290mg sodium

Don't forget: I'd love to have members send me recipes they enjoy making using products purchased through the co-op. Just send them to mmitchell1945@aol.com

Next distribution:

July 2016

- OV/Frontier Order Due: July 6
- Creswick Order Due: July 9
- OV Filled Cases Due: July 10
- UNFI Order Due: July 13
- Creswick Delivery: July 18
- Distribution: July 20

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!