

Brighton Food Co-op Newsletter

August 2018

Hi Members!

Well I am sorry this newsletter is so late but the day after distribution we left for a week with friends who live on Lake Bellaire near Traverse City and they don't have a computer so I couldn't write the newsletter ... no, that's not true. I just didn't get it done before we left and then there was boating and swimming and relaxing and cooking with friends and on and on. So anyway, better late than never I always say.

Alert!! Creswick orders are due tomorrow, Sunday July 29.

Almar Orchards: Christie checked with Almar and they should have a good apple crop this year. The first opportunity to order from Almar will be in September.

Stone Coop: Heirloom tomatoes are coming in and they are delicious! Also, I tried the pea shoots, sautéed quickly in olive oil, garlic, salt and pepper. Oh my gosh they were good!

Recommendations: If there are products you ordered through BFC that you have been particularly happy with please send me your recommendations and I will include them in the next newsletter.

Recipe: Thanks to Kathy McKay who shared this recipe. Mmm, it's so good on a hot night when you don't feel like cooking!

Sonoma Chicken Salad for 2-3

Ingredients

- 1-2 pre-cooked chicken breasts, cubed
- ¾ C. halved or quartered red seedless grapes
- 1/6-1/4 C. chopped pecans
- ¼ C. diced celery
- ¼ C. paleo mayonnaise

1 ½ t. poppyseeds
¼ t. sea salt
Romaine or other greens

Mix all ingredients together and chill at least two hours.

Next distribution: August 2018

- OV/Frontier Order Due: Aug 1
- Creswick Order Due: July 29
- OV Filled Cases Due: Aug 5
- UNFI Order Due: Aug 8
- Creswick Delivery: Aug 6
- Distribution: Aug 15

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: amrmom70@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!