

Brighton Food Co-op Newsletter

June 2016

Hi Members!

Once again, we had a terrific distribution yesterday! In by 9:30 out by 12:45, even though Treasurer Denise Hauk deserted us to go on a cruise! How could you Denise? Just kidding of course, we all hope you are having a fabulous time! Anyway, President Dolores Johnson handled all of the bookkeeping and paperwork admirably. Thanks so much to Dolores!

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

Welcome: A great big welcome to our newest member, Eddy Zander! We are so happy you joined BFC and we know you will enjoy the wonderful food and good prices available through the co-op.

Kathy McKay's Great Idea: Kathy often comes in contact with people who might be interested in joining the co-op and she thought it might be helpful to have a business card to hand out that would give contact information to prospective members. I thought that was a brilliant idea so I had some cards made up. Members at distribution yesterday each took a few cards that they can give to interested people. If you weren't there, be sure to pick up some cards next time you come to distribution.

Stone Coop: 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.

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 don't remember where I got this recipe so I can't give credit where credit is due. But it is delicious and seeing that we're heading into the perfect time to make a salad with fresh corn, tomatoes and avocados I thought I would share it:

Summer Corn Salad

Serves 4

- 5 ears of fresh corn
- 2 plum tomatoes, seeded and finely diced
- 1/4 avocado, finely diced
- 3 TB crumbled blue cheese
- 3 TB pine nuts or other nuts, lightly toasted
- 2 TB chopped parsley
- sea salt, to taste
- ground pepper, to taste
- 3 TB white balsamic
- 4 TB olive oil

Cut the corn kernels off the cob. Combine the corn, tomatoes, avocado, blue cheese, nuts and parsley in a mixing bowl. Pour the vinegar and olive oil over the ingredients. Gently toss together and adjust seasoning with salt and pepper. Allow to chill one hour.

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:

June 2016

- OV/Frontier Order Due: June 8
- Creswick Order Due: June 11
- OV Filled Cases Due: June 12
- UNFI Order Due: June 15
- Creswick Delivery: June 20
- Distribution: June 22

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!