

# Brighton Food Co-op Newsletter

## June 2018

Hi Members!

Little did we know that the Co-op Nursery School that also meets at the church was having its end of the year "field day" during our distribution yesterday which meant lots of little kids running around outside and lots of extra cars in the parking lot. The UNFI truck would not have had room to turn around so Amy and Christie met the truck off site, loaded their cars and were back to the church in a flash. Flexibility is the name of the game!

Albanese: We won't be ordering Albanese again until fall since the chocolate doesn't travel well in hot weather.

Strawberry season: There's just about nothing better than Michigan strawberries in June! So luscious! And those strawberries go so well with Zingerman's sweet cream biscuits and a bit of whipped cream ... or a lot of whipped cream. ☺ Mmmm.

Stone Coop: Be sure to check their newsletter *The Weekly Beet* before placing your order in Food Club. Christie sends a link to the newsletter the weekend before co-op so members can see what's available that week.

June distribution: I will be out of town for the June distribution but Sherry has agreed to handle the Ann Arbor run including Zingerman's, Ann Arbor Tortilla, Rosewood Cheese and Stone Coop so members can still order their favorite local products. Thanks Sherry!

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 newsletter. I got the following recommendation from Kathy:

"Back in the "olden days", actually not that long ago, hair spray used to remove ink from surfaces. Most hairsprays don't remove it these days. I was horrified a few minutes ago when I mistakenly "wrote" on my not-too-old paint job. Of course, my first thought was hairspray, then vinegar, but what actually came to the rescue was Citrus Magic Natural Spot & Stain Remover. Admittedly, I got to it immediately, but this gets fingerprints and lots of other dirt

and grime off of surfaces. I thought I liked this product before, but now I love it. Available through Frontier. :)"

Recipe: I found this recipe in Taste of Home magazine. It's really good, it is a kid pleaser and adults like it too. Not only that, it can be modified. Sub in ground turkey instead of the ground beef, use gluten free pasta or eliminate the cilantro if you don't like it.

### Southwestern Goulash

#### Ingredients:

- 1 C. uncooked elbow macaroni
- 1 lb. ground beef
- 1 medium onion, chopped
- 1 28 oz. chopped tomatoes, undrained
- 2/3 C. frozen corn
- 1 8 oz. can tomato sauce
- 1 4 oz. can chopped green chilies
- 1/2 t. ground cumin
- 1/2 t. ground pepper
- 1/4 t. salt
- 1/4 C. minced cilantro

#### Directions:

1. Cook macaroni according to package directions.
2. Cook beef and onion in a Dutch oven over medium heat until beef is no longer pink. Drain.
3. Stir in remaining ingredients through salt. Bring to a boil, reduce heat and simmer uncovered for 3-4 minutes or until heated through.
4. Drain macaroni, add to meat mixture and stir in cilantro.
5. I like to have a few toppings available for those who would like them ~ shredded cheese, sour cream or avocado for example.

Next distribution:

June 2018

- Creswick Order Due: June 3
- OV/Frontier Order Due: June 6
- OV Filled Cases Due: June 10
- Creswick Delivery: June 11
- UNFI Order Due: June 13
- Distribution: June 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:
  - ❖ Amy: [amrmom70@gmail.com](mailto:amrmom70@gmail.com)
  - ❖ Dolores: [doloresjohnson68@gmail.com](mailto:doloresjohnson68@gmail.com)
  - ❖ Marilyn: [mmitchell1945@aol.com](mailto: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!**

