

Brighton Food Co-op Newsletter

March 2018

Hi Members!

Distribution went smoothly on February 28, with the Ann Arbor vendor products arriving around 11:00 followed by the UNFI truck at 12:15. It was an easy, quick distribution, just like we like it!

Creswick: There will be no Creswick order in March as Sherry is going out of town and there is no one available to pick up the order.

Co-op schedule going forward: At the annual meeting in January, discussion centered around whether to try to go to every other month distribution. Some questions arose regarding whether UNFI would agree to that schedule. Amy agreed to contact the company to find out and although she tried repeatedly to get an answer, she was unsuccessful. However, after discussing the issue at the distribution meeting, we agreed to stick to the every four week schedule at least for now.

Stone Coop Market Shares: Don't forget, you can get a 10% discount if you purchase Market Shares prior to March 31. So if you buy a \$100 share you get \$110 in product, \$200 share equals \$220 in product. Go to the Farm's website to sign up and then let Christie Winch know you bought a share so the farm can deduct it from our bill each month.

Maple syrup and honey: Keep in mind that both the syrup and honey are available every month. Order from Nectar Sweet Apiary on Food Club.

Albanese: Although it seems like a long time from now, summer will be coming and with it a temporary halt to Albanese ordering until temperatures cool down again, so don't forget to order your favorite yummy treats!

Recipe: This Cornbread Tamale Pie from the New York Times is delicious and kid-friendly too!

Ingredients

Cooking-oil spray for greasing pan
1 pound ground beef

1 medium onion, finely chopped
1 cup rinsed and drained canned black beans
1 cup corn, drained, canned or frozen (thawed if frozen)
1 cup tomato sauce
1 cup beef or chicken broth
½ cup diced green bell pepper, optional
1 tablespoon chile powder
½ teaspoon ground cumin
1 ½ teaspoons salt, plus more to taste
¼ teaspoon black pepper, plus more to taste
¾ cup cornmeal
1 tablespoon flour
1 tablespoon sugar
1 ½ teaspoons baking powder
1 egg ⅓ cup milk
1 tablespoon vegetable oil

Preparation

Step 1 Preheat the oven to 425 degrees. Grease a 3-quart high-sided casserole dish with cooking spray. In a large skillet, saute the beef and onion over medium-high heat until the meat is brown and the onion translucent, about 10 minutes. Then add the beans, corn, tomato sauce, broth, bell pepper (if using), chili powder, cumin, 1 teaspoon salt and ¼ teaspoon black pepper. Simmer for 15 minutes. Set aside.

Step 2 In a medium bowl, whisk together the cornmeal, flour, sugar, baking powder and teaspoon salt. In a small bowl whisk together the egg, milk and oil until combined. Whisk the milk mixture into the flour mixture until combined. Spread the meat mixture into the casserole dish and cover with the corn bread topping. The topping will disappear into the meat mixture but will rise during baking and form a layer of corn bread. Bake until the corn bread is brown, 20 to 25 minute

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!

