

# Brighton Food Co-op Newsletter

## March 2019

Hi Members!

We had a smaller than usual order on Wednesday so distribution didn't take long at all, which allowed us to enjoy the rest of a really nice day. So on to the news...

Possible Change of Distribution Day and Time: Our UNFI driver Tony has suggested changing distribution from Wednesday afternoon to Thursday morning. Doing so would result in a much more consistent delivery time which of course would mean less down time waiting for his arrival. He could deliver as early as 7:00 or at 9:30 or 10:00. \*\*\* PLEASE \*\*\* email me at [mmitchell1945@aol.com](mailto:mmitchell1945@aol.com) and let me know your preference:

1. Continue Wednesday distribution
2. Switch to Thursday 7:00 a.m. distribution
3. Switch to Thursday 9:30 or 10:00 a.m. distribution

If we do change, the change would be effective for the May distribution.

### Outside Vendors:

Creswick – There will be no chicken available until May. Eggs are available but there are fewer this time of year (hens get tired too!) so Creswick asks that we only order what we need for the month.

Ham is available and now is the time to order your Thanksgiving turkey!

Syrup – Just a reminder that members can split gallons of syrup between themselves as long as all four quarts from each gallon are sold. Just make arrangements and bring quart jars to distribution.

Spice of the Month: Kathy will place an order for bulk chili powder as the April spice of the month. Let her know if you would like to participate and also see her chili recipe further down – a great way to use some of that chili powder! In an effort to minimize the amount of plastic used for spices, Kathy asks that members save empty spice containers so she can use them for the spice of the month.

Recipe: We were talking about pork chops on Wednesday and I mentioned that I brine them which makes them turn out so tender and juicy. I got the following directions from the New York Times:

### BRINING PORK CHOPS

Use a basic brine solution of 1/4 cup (4 tablespoons) salt to 1 quart (4 cups) of water. Lay the pork chops (or other thin cut) in a single layer in a shallow dish and then pour the brine over top. Let this sit for anywhere from 1/2 hour to 2 hours before cooking. If we're feeling fancy, we like to throw other aromatics into the brine

solution to infuse more flavor. We like any combination of **lemon grass**, **star anise**, black pepper corn, orange peels, and juniper berries with pork chops. If you have time, heating the brine solution and then letting it cool before pouring it over the meat helps to get more flavor from the spices.

Another Recipe: To go along with chili powder as the spice of the month, Kathy provided this recipe:

### Black Bean Chili (Crock Pot)

Add first seven ingredients to large slow cooker turned on low. Next, brown the meat in a frying pan. Add to crock pot. Mince garlic, and chop onions and green pepper. Add to crock pot as they are ready. Rinse rice several times until water is clear. Add to crock pot. Cook on low several hours, until the green pepper and onions are firm, but cooked.

Can also cook stove top, but add rinsed rice to first batch of ingredients.

3 - 18 oz jars (Jovial) diced tomatoes

2 1/2 c chicken broth

1 - 29 oz can black beans, drained and rinsed (Eden Organic)

1 1/2 t sea salt

2 T + 2 tsp mild chili powder

2 1/2 t cumin

2 1/2 t oregano

2 lb. grass fed ground beef or 1 lb. beef & 1 lb. pork

8 cloves garlic, minced

3 large onions, diced (approx 4.5 c)

1 1/2 green pepper

1/3 c dry rice

Makes approximately 15 c.

Next Distribution:

April 2019

- Creswick Order Due: Apr 7
- OV/Frontier Order Due: Apr 10

- OV Filled Cases Due: Apr 13
- Creswick Delivery: Apr 15
- UNFI Order Due: Apr 17
- Distribution: Apr 24

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: [ammom70@gmail.com](mailto:ammom70@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!*