

# Brighton Food Co-op Newsletter

## May 2016

Hi Members!

We had another great distribution on Wednesday, in at 9:30 out by 12:30! When UNFI notified us that they were changing our delivery day and time, we were concerned, not knowing how it would affect the length of our day. But happily, it has been a positive change, resulting in much shorter distributions!

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

**Local Providers:** I think most, if not all, of our members like to support local vendors when possible. We are lucky to have several local vendors including Creswick, Almar, Zingerman's, Rosewood, Ann Arbor Tortilla, Higher Grounds and our honey and maple syrup vendor. But we also have two local organic produce vendors, Motave Meadows (usually August and September) and Stone Coop Farm (year round). Motave provides a wonderful salad mix, plus spinach, heirloom tomatoes, peppers and herbs and they are all delicious, but unfortunately only available for a limited time. However, Stone Coop offers a wide variety of veggies and fruits year round and the items I have purchased so far have also been delicious.

Since new items are always becoming available at Stone Coop, we want to make sure that our members are able to order right up to the last minute. So, Christie Winch, our FABULOUS outside vendor batcher, has agreed to leave Stone Coop unlocked on the Food Club website until the Sunday prior to distribution. That way, members can check out Stone Coop's newsletter, The Weekly Beet, <http://www.stonecoopfarm.com/-the-weekly-beet.html>, to see the produce available that week. Members who sign up on the Stone Coop website will receive the newsletter each Friday by email. Just click on Produce Availability on the left side. Then orders can be placed on Food Club.

**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:** Mmmm all that talk of veggies got me remembering a favorite asparagus recipe and since it is spring, the asparagus season, here's a wonderful way to enjoy it!

### Roasted Asparagus (from Great Good Food by Julee Rosso)

Serves 4

1 T. olive oil  
1 T. slivered fresh garlic  
1 lb. asparagus, trimmed  
1 T. red wine vinegar  
Salt and freshly ground black pepper  
½ C. bread crumbs  
Pinch crushed red pepper flakes  
2 T. toasted and chopped almonds  
2 T. finely chopped fresh Italian parsley  
½ C. thin strips of roasted red pepper

1. Preheat oven to 500.
2. In a large, ovenproof skillet or baking dish, combine the oil and garlic. Place in the oven and roast until the garlic begins to brown slightly, 45 seconds to one minute. Remove the garlic with a slotted spoon and reserve.
3. Add the asparagus, tipping the skillet slightly to evenly coat the asparagus with oil. Roast until crisp tender, about 5 minutes (longer if the asparagus spears are thick).
4. With a slotted spoon, transfer the asparagus and garlic to a serving platter. Drizzle with vinegar, add salt and pepper to taste and keep warm. Add the bread crumbs, red pepper flakes and almonds to the skillet and stir.
5. Return the skillet to the oven for 2 minutes, stirring once. Stir the toasted crumbs over the asparagus and toss to coat. Garnish with parsley and red pepper strips.

**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](mailto:mmitchell1945@aol.com)

Next distribution: May 2016

- Creswick Order Due: May 7
- OV/Frontier Order Due: May 11
- OV Filled Cases Due: May 15
- Creswick Delivery: May 16
- UNFI Order Due: May 18
- Distribution: May 25

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](mailto:doloresjohnson68@gmail.com)
  - Denise: [djhaukcoop@gmail.com](mailto:djhaukcoop@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!