

Brighton Food Co-op Newsletter

May 2018

Hi Members!

Sorry this is a little later than usual! Here's the news for this month.

Honey: We have purchased honey from two area producers, Buell and Turtlebee. Recently members noticed that honey from Turtlebee was doing something weird. It was expanding. I noticed it first when I opened the jar and immediately the honey started overflowing. I thought that was pretty odd so what did I do? I googled "expanding honey" of course and found that fermentation was the explanation. Our awesome OV batcher, Christie Winch, visited Buell and asked why honey would ferment. Turns out, it kind of depends on the moisture content and that depends on when the honey is harvested. Honey from earlier harvests contains more moisture resulting in honey that can ferment. Fermenting honey can still be used although the taste may change. BFC will continue to offer honey from both Buell and Turtlebee through Food Club.

Olive Oil Comparison: Thanks to Amy Ray for comparing the cost of some of the olive oils offered by UNFI. Note that as of April 28, Field Day was the lowest priced option.

Prices as of		4/28/2018								
Prod #	Pack/Size	Brand	Description	Case \$	Units	Unit \$	OZ	\$/oz		
894527	6/25.4 oz	BIONATURAE	OLIVE OIL,OG,EX VIRGIN	\$ 102.63	6	\$ 17.11	25.4	\$ 0.67		
908160	12/17 oz	BIONATURAE	OLIVE OIL,OG,EX VIRGIN	\$ 141.51	12	\$ 11.79	17	\$ 0.69		
462036	12/16 OZ	BRAGG	OLIVE OIL,OG2 EX VIRGIN	\$ 134.23	12	\$ 11.19	16	\$ 0.70		
970277	12/500ml	Field Day	olive oil,OG1,EV, glass	\$ 87.31	12	\$ 7.28	16.6	\$ 0.44	Best	4/28/2018
1969013	12/25.5 OZ	LA RIOJANA	OLIVE OIL, OG2, EXTRA VIRGIN	\$ 147.11	12	\$ 12.26	25.5	\$ 0.48		
909309	6/17 Oz	LUCINI ITALIA	OLIVE OIL,OG,EX VIRGIN,LR	\$ 105.53	6	\$ 17.59	17	\$ 1.03		
354167	12/500ml	MONTEBELLO	OLV OIL,OG,EXTRA VIRGIN	\$ 134.06	12	\$ 11.17	16.7	\$ 0.67		
239152	12/25.4 OZ	NAPA VALLEY NATURALS	Olive oil,OG1, Ex Virgin	\$ 148.03	12	\$ 12.34	25.4	\$ 0.49		
864751	6/16.9	Napoleon	Olive oil, OG, XVR, at least 95% OG	\$ 63.43	6	\$ 10.57	16.9	\$ 0.63		
925545	6/25.4 oz	SPECTRUM NATURALS,	OLIVE OIL,OG,UNREF,X VRGN	\$ 74.98	6	\$ 12.50	25.4	\$ 0.49		
925552	6/12.7 oz	SPECTRUM NATURALS,	OLIVE OIL,OG,UNREF,X VRGN	\$ 46.92	6	\$ 7.82	12.7	\$ 0.62		
189381	6/25.5	ZOE	OLIVE OIL, OG2, EXTRA VIRGIN	\$ 71.71	6	\$ 11.95	25.5	\$ 0.47		

Creswick Prices: Since moving OV ordering to Food Club, prices for Creswick products have changed. Sherry Smith, Creswick batcher, and Christie will work on updating the prices. It will probably be a multi-month process.

Creswick Chicken: Chicken is once again available and may be ordered for the May distribution.

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. The recipe I have included this time calls for arugula and I **highly recommend** the arugula from Stone Coop. It is delicious and very fresh as it is harvested on distribution morning,

Recipe: I found this recipe in a magazine – Cooking Light perhaps?? – and it's a great way to use the Stone Coop arugula.

Roasted Carrot Salad with Spicy Hummus

Ingredients:

- 1 lb. small multi-colored carrots with tops
- 1 16 oz. can garbanzo beans drained, rinsed and divided
- 1 T. avocado oil (or other oil)
- ½ t. smoked paprika
- ¾ t. sea salt, divided
- 2 T plain, whole milk yogurt
- 1 T. mild harissa (or chili sauce)
- ¾ C. extra virgin olive oil, divided
- 3 C. arugula
- 1 T. fresh lemon juice
- 3 T. unsalted sunflower seeds, toasted
- ¼ t. black pepper

Directions:

1. Preheat oven to 400. Cut tops off carrots leaving 1 inch of the stem. Peel carrots. Dry garbanzo beans well. Place carrots and ¾ of the garbanzos on a baking sheet. Drizzle with avocado oil tossing to coat. Sprinkle with paprika and ¼ t. of salt. Roast, stirring once, until carrots are browned and tender, 25-30 minutes.
2. Place remaining garbanzos in a food processor along with yogurt, harissa, 3 T of the olive oil and remaining ½ t. salt. Process until smooth. Spread the yogurt mixture in a thick layer on four plates.
3. Combine arugula, lemon juice and remaining 1 T olive oil in a medium bowl. Toss to coat. Top plates with arugula, roasted carrot mixture, sunflower seeds and pepper.

Per serving: 363 calories

Next distribution:

May 2018

- Creswick Order Due: May 6
- OV/Frontier Order Due: May 9
- OV Filled Cases Due: May 13
- Creswick Delivery: May 14
- UNFI Order Due: May 16
- Distribution: May 23

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!

