

Brighton Food Co-op Newsletter

November 2016

Hi Members!

What a great distribution this morning! Everything went smoothly and we'd like to extend special thanks to Denise Hauk. When she arrived her car was full of Creswick meats and eggs, Sami's products and Higher Grounds coffee as well as apples and cider from Almar. Just packing everything into her vehicle must have been an ordeal!

Welcome! We have two new members - yay! We enjoyed meeting Debbie Tidwell (and her husband Rick) and Grayce Daratony at distribution and we are delighted to welcome them to the co-op!

Welcome back! We were so glad to see Terra Bulloch return to co-op this morning. We missed you Terra!

January Annual Meeting: As I mentioned in the last newsletter, our treasurer, Denise Hauk, announced that she will be resigning her position as of January due to her position with H and R Block. So we thank Denise gratefully for the time and effort she has devoted to the co-op and hope that tax season will be a little less stressful from now on! Denise's resignation has led to some proposed changes:

- ❖ Dolores Johnson will resign her position as president and Amy Ray has volunteered to run for president.
- ❖ Gina Barnowsky will run for the treasurer's position, but will give up her position as Creswick batcher to do so. Terra Bulloch has volunteered to take on Creswick.
- ❖ I will run for secretary again.

As usual, elections will be held during the annual meeting which takes place during January distribution. If anyone else would like to run for president, secretary or treasurer please let me know.

In addition, the annual meeting is when we also vote on any proposed changes to the Policy Handbook and By-laws. Please click on Policy Handbook on the website to review both and **let me know if you see something you'd like to have changed.**

Stone Coop: Keep in mind that members can order produce from Stone Coop on the Food Club site until the Sunday prior to distribution. Be sure to check out Stone Coop's newsletter, The Weekly Beet, <http://www.stonecoopfarm.com/-the-weekly-beet.html>, to see the produce available that week. Just click on Produce Availability on the left side.

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:

Active time: 15 minutes | Total: 1 hour 5 minutes

We're always looking for recipes to make use of leftover turkey. Here's a lightened version of an old favorite:

Turkey Potpie from Eating Well magazine.

Filling

- 3 teaspoons canola oil, divided
- 1 cup frozen small onions, thawed
- 1 cup peeled baby carrots
- 10 ounces cremini mushrooms, wiped clean and halved
- 2 1/2 cups reduced-sodium chicken broth, divided
- 1/4 cup cornstarch
- 2 1/2 cups diced cooked turkey or chicken
- 1 cup frozen peas, thawed
- 1/4 cup reduced-fat sour cream
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper to taste

Biscuit topping

- 3/4 cup whole-wheat pastry flour
- 3/4 cup all-purpose flour
- 2 teaspoons sugar
- 1 1/4 teaspoons baking powder

1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon dried thyme
1 1/2 tablespoons cold butter, cut into small pieces
1 cup buttermilk or equivalent buttermilk powder (see Tip)
1 tablespoon canola oil

1. To prepare filling: Heat 1 teaspoon oil in a large skillet or Dutch oven over medium-high heat. Add onions and carrots; cook, stirring, until golden brown and tender, about 7 minutes. Transfer to a bowl. Heat the remaining 2 teaspoons oil in the pan over medium-high heat. Add mushrooms and cook, stirring often, until browned and their liquid has evaporated, 5 to 7 minutes. Return the onions and carrots to the pan. Add 2 cups broth and bring to a boil; reduce heat to a simmer. Mix cornstarch with the remaining 1/2 cup broth; add to the pan and cook, stirring, until the sauce thickens. Stir in turkey (or chicken), peas, sour cream, salt and pepper. Transfer the filling to a 2-quart baking dish.

2. To prepare biscuit topping & bake potpie: Preheat oven to 400°F. Whisk whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda, salt and thyme in a large bowl. Using your fingertips or 2 knives, cut butter into the dry ingredients until crumbly. Add buttermilk and oil; stir until just combined. Drop the dough onto the filling in 5 or 6 even portions. Set the baking dish on a baking sheet.

3. Bake the potpie until the topping is golden and the filling is bubbling, 30 to 35 minutes. Let cool for 10 minutes; serve.

Makes 6 servings.

Per serving: 375 calories; 11 g fat (4 g sat, 4 g mono); 55 mg cholesterol; 39 g carbohydrate;

26 g protein; 4 g fiber; 666 mg sodium; tk mg potassium. Nutrition bonus: vitamin a (70% Daily value), fiber (16% dv).

Substitution tip:

To replace 1 cup fresh buttermilk in a recipe with powdered buttermilk, mix 4 tablespoons in with the dry ingredients and add 1 cup water to the wet ingredients. (Or make a substitution by adding 1 T. fresh lemon juice to 1 C. milk; allow to set five minutes before using.)

Don't forget: I'd love to have members send me recipes they enjoy making using products purchased through the co-op. I'd especially like to get some recipes that are friendly to those of us with food allergies. Just send them to mmitchell1945@aol.com

Next distribution: December 2016

- OV/Frontier Order Due: Nov 23
- Creswick Order Due: Nov 26
- OV Filled Cases Due: Nov 27
- UNFI Order Due: Nov 30
- Creswick Delivery: Dec 5
- Distribution: Dec 7

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
 - Denise: djhaukcoop@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!

