

Brighton Food Co-op Newsletter

October 2015

Hi Members!

Well, after missing a month due to my double knee replacement I'm back and doing great, although I didn't make it through the entire distribution. I arrived about 10:15 and the UNFI truck had already come and gone! I left around noon and things were beginning to wind up already. The short time frames have been great especially compared the "the old days." ☺

There are three special members to thank for going above and beyond this month:

Amy Ray- Thanks so much for opening the church and getting organized for the deliveries, for taking my place collecting from members, and for Xeroxing label information from Rosewood products.

Sherry Smith- Thanks so much for dropping off Victoria Moreno's order as she was could not make it to distribution.

Jim Brown- Thanks for helping load everyone's order at the end of the day.

Denise Hawk- Thanks for managing to pick up the Almar order, take delivery of the Almar and Sami's orders, handle bookkeeping duties alone this month and keep a smile on your face the whole time!

Welcome back!

We are so happy to welcome **Terra Bulloch** back to the co-op! We missed you Terra!

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

Creswick: Gina will check to see whether Creswick will have thanksgiving turkeys available.

Almar: Unfortunately, Almar has already sold out of their pears and some apple varieties. Christie will check with them to see about ordering earlier in the season next fall.

Albanese: Albanese candy, nuts and snack foods will be available to order for the November distribution. Mmmmm ... triple-dipped malted milk balls, dark chocolate covered cherries, almonds and cashews!!! Lots of goodies available!

Rosewood: Some members have voiced concerns about Rosewood products, especially their shredded cheeses, all of which contain fillers and/or other ingredients. Amy Xeroxed the labels, which Denise has. She will provide this information at the next distribution and we will discuss whether to continue to offer those products. **Members are encouraged to email Marilyn with any comments regarding this issue.**

Soup weather: I always love to make soup in the fall and here is one of my favorite recipes. I bet that even if you think you don't like split pea soup, you will love this one adapted from the Fresh From the Farmer's Market cookbook by Janet Fletcher!

Split Pea Soup with Squash, Pancetta and Chard

2 T. olive oil
2-3 ounces pancetta (or bacon or ham), minced
1 large onion
4 cloves garlic, minced
2 C. dried yellow (or green) split peas
1 fresh rosemary sprig, 4 inches long
4 cups low sodium chicken broth
salt and freshly ground black pepper
1/2 lb. peeled butternut squash in 1/2 inch dice
1/2 lb. plum tomatoes, chopped and seeded
1/3 lb. chard (or kale or spinach) ribs removed

Heat olive oil in a large pot over medium heat. Add pancetta and saute til it renders some of its fat, about 3 minutes. Add onion and garlic; saute til onion is soft and sweet, about 10 minutes. Add split peas, rosemary, 4 cups chicken broth and 4 cups water. Bring to a simmer, cover and adjust heat to maintain a simmer. Cook till peas are completely soft, an hour (or more if necessary).

Season with salt and pepper; stir in squash and tomatoes. Stack chard leaves, roll and slice

into ribbons about 1/4 inch wide. Stir them into soup, cover and cook until squash and chard are tender, about 20 minutes. Adjust seasoning.

Syrup and Honey: Just a quick reminder that honey and syrup are always available to be purchased as extras even if you did not order them. We keep a supply on hand at the church. Just remember to bring quart jars if you and other members want to split a gallon of syrup. I would like to split a gallon on syrup in December. Anyone interested? I'd like one or two quarts. Please let me know if you are interested.

Next distribution: November 2015

- Creswick Order Due: Oct 24
- OV/Frontier Order Due: Oct 28
- OV Filled Cases Due: Nov 1
- Creswick Delivery: Nov 2
- UNFI Order Due: Nov 4
- Distribution: Nov 11

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: 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!