

Brighton Food Co-op Newsletter

October 2016

Hi Members!

It was so good to get back to the co-op today after a two month absence to take care of my husband while he recovered from double knee replacement. Thankfully, he's doing great and I feel comfortable leaving him alone now.

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

Welcome! We have a new member - yay! Lynell Nymshack, who lives in Ann Arbor, has been a longtime friend of Sherry Smith's. We are delighted you joined the co-op Lynell!

Thank you! Christie Winch brought some yummy treats to share with us today from her Wildtree products. Bruschetta, guacamole and chips, bread with several kinds of dipping oils, veggies and dip etc. It was all delicious Christie. You can get in touch with her if you are interested in learning more about Wildtree.

Treasurer position available: 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:

- ❖ Gina Barnowsky will run for the treasurer's position, but will give up her position as Creswick batcher to do so.
- ❖ Dolores Johnson will take on Creswick (if no one else wants it) but will then give up her position as president.
- ❖ Amy Ray has volunteered to run for president.
- ❖ I will run for secretary again.

As usual, elections will be held during the January distribution. If anyone else would like to run for president, secretary or treasurer or is interested in handling Creswick, please let me know.

Frontier: We did not order Frontier this month. A \$300 minimum is required for free shipping and we weren't close to that amount. It was suggested that perhaps we could place an order every other month starting in January. We will plan to discuss this further at the November distribution.

Thanksgiving shopping: Thanksgiving is just two weeks after our next distribution so keep that in mind when placing your order. Some of you may have already placed an order for a Creswick turkey but there's always dinner rolls and pumpkin pie from Zingerman's, squash, onions and potatoes from Stone Coop, cranberry sauce and mushroom soup (for your green bean casserole) from UNFI, cider from Almar and all kinds of spices and herbs from Frontier.

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.

Recipes:

Fall Harvest Couscous

I think I got this recipe from Whole Foods several years ago. I've made it every fall since then and it's delicious! Even my sometimes picky eating grandkids love it! It would be wonderful with Thanksgiving turkey or really with any roasted meat. And if you roast the squash ahead of time, the dish will be ready in 15 minutes and it won't take up any oven space.

Serves 6

- 1 2-pound butternut squash, peeled, seeded and cut into 1/2-inch pieces
- 1 medium onion, thinly sliced
- 3 tablespoons extra-virgin olive oil
- 1/4 teaspoon freshly grated nutmeg
- 1/2 teaspoon salt

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- 1/2 teaspoon pepper
 - 1 1/2 cups couscous (I use whole wheat)
 - 1 1/3 cups water, chicken or vegetable stock
 - 1 tablespoon butter
 - 1/3 cup dried cranberries
 - 1/2 cup pecans, toasted
 - 1/4 cup finely chopped flat leaf parsley
 - sea salt, to taste
 - ground pepper, to taste

Preheat oven to 425°F. Combine butternut squash, onion, olive oil, nutmeg, salt and pepper in large bowl. Spread on a rimmed baking sheet. Roast until squash and onion brown slightly, stirring occasionally, about 25 minutes. Allow to cool. At this point, butternut squash and onion mixture can be frozen. Defrost in refrigerator for several hours or in the microwave.

Combine defrosted squash and onion mixture, water or stock, butter and cranberries in a large saucepan and bring to a simmer. Add couscous and cover. Take from heat and let stand for 10 minutes. Stir in pecans and parsley and season to taste with salt and pepper. Fluff with a fork and serve.

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

Next distribution:

November 2016

- OV/Frontier Order Due: Oct 26
- Creswick Order Due: Oct 30
- OV Filled Cases Due: Oct 30
- UNFI Order Due: Nov 2
- Creswick Delivery: Nov 7
- Distribution: Nov 9

Here are some things to keep in mind when ordering:

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- ❖ 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!