

# Brighton Food Co-op Newsletter

## September 2017

Hi Members!

Have you ever wondered what it means to be flexible? Here are some synonyms: adaptable, pliable and resilient. I bet you are wondering what this has to do with BFC. Well I'll tell you. UNFI has caused us to become quite flexible with regard to when to expect delivery of our order. Today was no exception. We were told to expect the truck between 12:00 and 4:00 so the plan was to meet at the church at 11:30 for set up. At 9:30, we were notified by the driver that he would arrive around 10:30. Yikes!! But as always, our members rose to the occasion! The delivery came off without a hitch and the driver told us that he will arrive between 10:00 and 12:00 most days. So, we are back to our original schedule – arrive at 9:30 to get the room set up and take delivery.

**Copies of Member Statements:** In an effort to save paper and printer ink and thus our resources, we decided not to provide copies of member statements at distribution anymore unless a member requests a copy. Gina will email statements with the totals for each area (UNFI, Higher Grounds, Zingerman's etc.). Please let her or Marilyn know if you want copies.

**Albanese:** Hopefully by the September distribution the hottest weather will have passed so Christie will unlock ordering in Food Club for those luscious chocolate covered cherries, malted milk balls and all of the other products offered by Albanese. Halloween is coming sooner than we think so get prepared!

**Almar:** Christie will contact Almar to find out if they will have apples, pears and/or cider in September. If so, she will unlock them on Food Club. Otherwise, look for Almar in October.

**Frontier:** Kathy set up a guest account in Frontier in case someone would like to check out what is offered and at what price. This is a great opportunity for a member who hasn't ordered from Frontier or a friend who is curious about it. Here's how to do it: Email: [pkblmi@comcast.net](mailto:pkblmi@comcast.net), password: BFCsGuestPW. Anybody can use it to get pricing, but no orders will be processed under it.

**Full Moon Cleanse:** Kathy sent along directions for a Full Moon Antiparasitic Cleanse and I have attached that following Sherry's recipes below.

**Recipes:** Thanks to Sherry for the following recipes! They look like great options for using all of the wonderful produce available at local Farmers Markets! Both are from the book "The Whole 30 - The 30 Day Guide to Whole Health and Food Freedom.

### Roasted Red Pepper Sauce

- 1 16 oz jar roasted red peppers, drained (or you could roast your own red peppers)
- 1/4 cup extra virgin olive oil
- 1/4 onion, roughly chopped
- 2 cloves garlic, minced
- 2 T. chopped fresh parsley
- 1 T. capers, drained
- juice of 1/2 lemon
- 1/2 tsp. salt
- 1/2 tsp. black pepper

Combine all ingredients in a food processor or blender. Store in refrigerator.

### Ratatouille

Sherry said she also tried this recipe with success. Since it has eggplant and summer squashes, she really wasn't sure if she'd be able to "sell" it, but it actually was a hit!

- 1/4 c. coconut oil or EV olive oil
- 1/4 onion
- 1 cup diced zucchini
- 1 cup diced yellow squash
- 1 cup diced egg plant (I peeled it to help it hide better)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red bell pepper
- 2 cloved garlic, minced
- 1 cup tomato sauce

1 tsp balsamic vinegar  
a few basil leaves, roughly chopped, (optional)

In a Dutch oven add the oil, then onions, cook a couple minutes, until translucent then add zucchini, yellow squash, eggplant and salt and pepper. Cook a couple more minutes, stir often. Add the green and red peppers and cook a couple more minutes, stirring often. Add garlic and cook til aromatic, about 1 minute. Add the tomato sauce and 1/2 cup water. Mix completely and bring to a simmer over low heat. Cook, stirring occasionally, until all the vegetables are tender, about 25 minutes.

Transfer to serving dish or serve from the pan, sprinkle on the vinegar and garnish with chopped basil, if desired.

Next Distribution: Sept 2017

- OV/Frontier Order Due: Aug 30
- Creswick Order Due: Sep 2
- OV Filled Cases Due: Sep 2
- UNFI Order Due: Sep 6
- Creswick Delivery: Sep 11
- Distribution: Sep 13

Full moon (antiparasitic) cleanse: Kathy mentioned this cleanse last month and some members were interested so she provided this recipe and directions.

### Ingredients

1 clove garlic, chopped  
4 oz. (1/2 c.) citrus juice (orange or pink grapefruit) [8 oz. total]

1/4 c. (2 oz.) honey or maple syrup  
1/2 oz. (1 Tbsp.) Good Herbs Nerve Support

4 oz. (1/2 c.) citrus juice (orange or pink grapefruit)  
1/2 oz. (1 Tbsp.) Good Herbs AntiParasitic Support

- Youngevity Plant Derived Minerals (least expensive @ \$20/32 fl. oz) or BTT 2.0 (more expensive, but a multi-mineral as well as a multi-vitamin with pre- and probiotics)
- Youngevity Ultimate Colon FX or similar digestive stimulator
- Youngevity Flora FX or similar pre- and probiotic

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 Do this cleanse the morning of the full moon, on an empty stomach.

Chop the garlic, put in blender with 4 oz. juice and blend. Set aside.

Mix honey or maple syrup with Nerve Support and drink this mixture (this is the hardest part of the cleanse.) (The honey/maple syrup will “bait” the parasites, and the Nerve Support will make them less active.)

Next, add the second 4 oz. juice to the garlic/juice mixture. Blend. Add the AntiParasitic Support and drink. (This combination will kill the parasites.)

If you experience gas or discomfort, do not eat until it passes (usually within 15 to 30 minutes).

To be sure the bowel is open, take Ultimate Colon FX that evening (or similar digestive stimulator).

The next day, replenish your minerals and friendly bacteria with Plant Derived Minerals and Flora FX (or “equivalent”) or BTT 2.0 (there is no equivalent).

Doing this one week before and the night of the full moon will really do the job.

All of the non-food products above can be purchased through me (Kathy McKay) by phone or at:

[www.KathysBHTN.youngevity.com](http://www.KathysBHTN.youngevity.com)

or through Sherry Smith at [www.GHRB9093.youngevity.com](http://www.GHRB9093.youngevity.com)

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](mailto:amrmom70@gmail.com)
  - Gina: [ginabarnowsky@gmail.com](mailto:ginabarnowsky@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!

