

Brighton Food Co-op Newsletter

September 2019

Hi Members!

The truck arrived at 12:30, so distribution went quickly and smoothly. It is so different from the days when we had to set aside anywhere from five to seven hours to get through it! I remember coming home exhausted and even though I had spent the day dealing with good food, I always wanted to go out to dinner that night!

UNFI Changes (May Be) Ahead:

Our driver notified Amy that it is once again time for all routes to go up for bid, meaning that it is possible we will get a new time, a new driver or even possibly a new day for distribution. Amy will attempt to get information after the bidding process completes next week. Things have gone well the last couple of years so we are hoping for no big changes! Keep your fingers crossed and watch for an email if there are changes to our schedule!

Plan Ahead

As we mentioned last month, our January distribution is scheduled for January 1 so it will be cancelled. December 4 will be the last distribution before January 29 so you may need to plan to stock up. Of course, all of this may change depending on the results of the UNFI bidding process.

Outside Vendors:

Albanese – Hopefully the weather will cooperate by being cool enough to order chocolate and other candy from Albanese. They carry a lot of holiday candy too so you might check that out.

Frontier – Sherry requested rubbed sage as the spice of the month so if you are interested please email Kathy at katherine-mckay@comcast.net. As inspiration, I have included a couple of recipes using rubbed sage. Thanks for those Sherry and Kathy!

Also, Kathy would like to know if members prefer the next Frontier order to be processed in September or October. If September, the ordering deadline will need to be a little earlier but it would give more time to look over the sales. Let Kathy know if you have a preference. Her email is katherine-mckay@comcast.net. If there is no objection, she will process in September and the due date will be 9 pm on Sunday, September 29.

Next Distribution: Oct 2019

- OV/Frontier Order Due: Sept 25
- OV Filled Cases Due: Sept 28
- Creswick Order Due: Sept 29
- UNFI Order Due: Oct 2
- Creswick Delivery: Oct 7
- Distribution: Oct 9

Recipe: Butternut Squash Soup

Who doesn't love a good bowl of soup in the fall? This sounds so good and it is gluten free and vegetarian. I bet the coconut milk will add just the right amount of sweetness. It's from *Keto Diet*.

Ingredients:

4 tablespoons butter
1 onion, chopped
1 Granny Smith apple, peeled, cored and chopped
2 teaspoons dried sage
1 butternut squash, peeled, seeded and cut into chunks
4 cups chicken broth
¼–½ cup coconut milk
nutmeg sea salt and pepper

Directions:

1. In a large pot over medium heat, melt butter.
2. Add onion, apple and sage and cook, stirring occasionally, for 8 minutes.
3. Add squash and broth. Bring to a simmer and cook until squash is tender, 15–20 minutes.
4. Transfer mixture to a blender (or use an immersion blender), working in batches if necessary, and puree until smooth. (Be careful blending hot liquids.)
5. Return to the pot, stir in coconut milk to reach desired consistency. 6. Heat through and season with nutmeg, sea salt and pepper to taste before serving.

Recipe: Perfect Sausage

This one comes from the book *The Whole 30*.

Ingredients

- 2 T. cooking fat
- ½ C. minced white onion
- 1 lb. ground meat (pork, chicken or turkey)
- ½ t. dried sage
- ½ t. salt
- ¼ t. pepper
- ¼ t. garlic powder

Directions

1. Preheat the oven to 350 and line baking sheet with parchment.
2. Heat 1 T. of the fat in a heavy skillet over medium heat. Add onion and cook until softened, about two minutes.
3. Combine the onion, ground meat, sage, salt, pepper and garlic powder in a bowl and blend well with hands. Form into eight equal patties.
4. Heat remaining T of fat in same skillet. Brown the sausage patties on both sides for two minutes each.
5. Finish cooking in the oven for 5-7 minutes until there is no pink left in the middle.

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: ammom70@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!