



CO-OP

update
NEWSLETTER

July - Aug 2017 ISSUE
FREE

Announcing our New PFC General Manager

Your PFC Board of Directors is pleased to announce that we have hired Michael Walter as General Manager for our Co-op. Michael most recently was the GM at Rising Tide Community Market, Damariscotta, ME. He has had a variety of experience working in cooperative groceries, including Operations Manager at Open Harvest Co-op Grocery, Lincoln, NE and Produce Manager at Marquette Food Co-op, Marquette, MI. A native Michigander, Michael grew up in Lake Orion, MI.

The GM Search Committee did extensive screening of its robust applicant pool. Michael stood out as the type of manager the co-op needs at this point in our history. The Board was unanimous in its approval of this candidate.

Michael will be in Ann Arbor for a week in August to begin getting acquainted with the store and the staff and also to look for housing. He will begin his position full time in September. He is also looking forward to learning more about our co-op community and to meet our member owners. Please introduce yourself and help him to feel welcome.

A Message from Michael Walter

"I'm honored and excited to join People's Food Co-op. I look forward to working closely with the labor union, our management team, the Board of Directors, and our membership. While PFC's history is impressive, the changing landscape of natural foods has created challenges our co-op must confront. The role of General Manager, as I see it, is to listen to all stakeholders and, with your input, develop and implement plans for a successful future.

Co-ops are very special to me. I know them to be fulfilling places to work, exciting places to shop, and trusted places to gather. That's what PFC will continue to be. I look forward to meeting you, and to seeing you in the store and around the community."



Dates to Remember

July 20-23	A2 Art Fair	Sept. 4	Labor Day
July 26	Board Meeting	Sept. 5.....	U of M Begins

Food for Thought

By: Co+op, stronger together

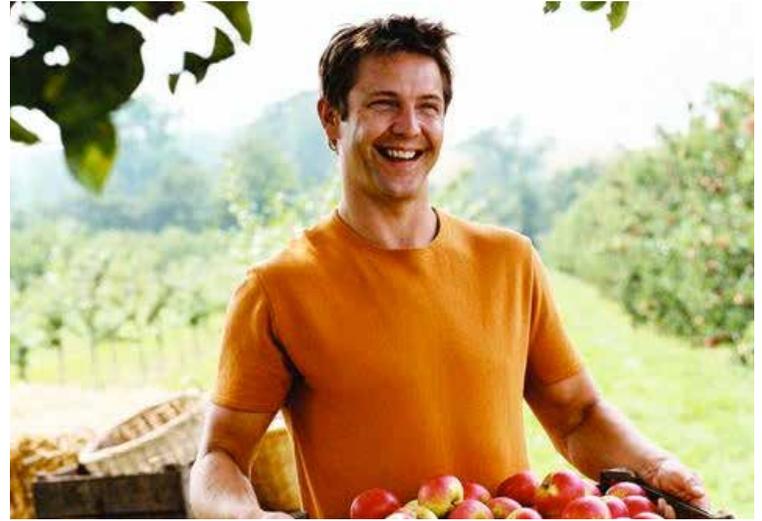
We all want to eat great-tasting food. But food that goes beyond delicious, nourishing our bodies, our environment, and our local economy, is really great food. And it's easy to find if you know where to look.

Food co-ops are one such place. Though not the biggest players in the industry, co-ops have long been leaders in sustainable, local, and organic food movements, helping to pave the way for the growth of farmers' markets and community-supported agriculture (CSA) programs throughout the country. With their far-reaching influence on the American food landscape, co-ops are sure to continue leading the way in the food related movements of the future.

Even if you're in the right place, however, that food landscape can be confusing. There are an increasing variety of food terms and labels, like "organic," "natural," "sustainable," and "local." Some terms, like "organic," are government regulated; others are not. The StrongerTogether.coop Food Glossary can help, but learning more about the systems that produce our country's food can offer more insight into what all those terms really mean for you.

Most food grown in the U.S. is produced by the industrial system, in which large farms grow a few commodity crops with the use of advanced machinery, petroleum-based fertilizers, and chemical pesticides. The majority of these farms grow huge tracts of corn and soybeans, much of which is used to feed animals being raised in massive feedlots for meat.

The crops actually destined for human dinner tables are not always the most flavorful varieties, either, since large-scale farms must choose plants that can withstand long-distance transportation from the field to your supermarket. Besides planting with an emphasis on durability over flavor, conventional industrial farms also likely use chemical fertilizers and pesticides and keep prices down by paying very low wages to farm workers. If you're focused on health and nutrition, fairness, and flavor, this food might not leave the best taste in your mouth.



A small fraction of our country's food is raised organically or on small farms that can't afford to—and usually don't want to—ship food long distances. Small farms often grow a variety of crops (called "polycultures"), which mimic natural environments in which many types of plants and animals grow symbiotically in an interdependent system that supports long-term soil fertility and pest control. This type of farming is usually referred to as "sustainable," since it does not consume more resources than it replaces, and its practices improve, rather than deplete, the health of the soil.

By supporting small farms near your home—within 100 miles, for example—you can help keep these operations in business while enjoying the freshest food and supporting your local community. And that's what great food is all about.

your BOARD MATTERS



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PFC Board Meeting
Wednesday, July 26th, 2017
6:30 p.m. - 8:30 p.m.
St Andrews Church
on Division Street
Everybody is Welcome!
VERDE PEOPLE'S FOOD CO-OP

The Cholesterol-Lowering WEED Hidden In Your Yard

Written by: [Kristen Duever](#) [Off-Grid Foods](#) 1 Comment



It grows everywhere, and it's persistent in its growing. But many homeowners rip the plant out of their gardens, yards and walkways without a second thought. It is purslane. You may not even know its name, yet you certainly have seen it growing.

This little weed, though, actually is a beneficial herb. It is native to Asia, popular in the Mediterranean, and is a typical hot-weather herb. It does not like frost, and will not grow until the soil is warm, usually in May. It is drought-resistant, probably because it retains water in its tube-like stems. When examining the leaves of purslane, you will notice they are fleshy and green, with red stems and bright yellow flowers. The leaves are thick and smooth, with a paddle shape, and are about one and a half to two inches long.

Purslane is remarkably high in omega-3 fatty acids – which can help lower bad cholesterol – and contains more of it than any other leafy green. It also has calcium, iron, potassium and magnesium. Additionally, it is high in vitamins A and C and pectin, the latter of which can lower bad cholesterol, too.

Just 30 Grams Of This Survival Superfood Provides More Nutrition Than An Entire Meal!

Not bad for something you usually yank out of the garden!

Planting Your Own Purslane

If you don't have purslane in your yard, you can grow it. You will have to find it first! In its wild state, purslane grows in a flat, circular, horizon-



tal position of up to 16 inches across. You also can simply buy seeds from a garden center.

If you are harvesting wild purslane, stay away from plants growing by the road or where chemicals have been sprayed. You will want to find the most organic and healthy plants possible.

When you find a plant, you can collect some seeds. If you would rather deal with seedlings, then cut a couple of stems. Sowing the seeds is quite easy. Simply scatter the seeds over the prepared soil. You don't need to cover them; let them sit on the surface, as they need sunlight to germinate. If it makes you feel better, spread a thin layer of soil over the seeds.

Purslane cuttings can be laid on the soil, after which you can water the stems. They should take root after a few days. It is a care-free plant once it starts growing.

Purslane is an annual and takes four to six weeks to fully mature. It usually reseed itself, but you can gather seeds just to be safe. It likes partly sunny, to full sun areas.

The soil type doesn't seem to matter too much to this plant, but the ground needs to be clear

and recently turned. Purslane likes the combination of moisture and heat, and it does well during wet summers. Harvest it regularly or it can become invasive in your garden. (Harvest before it flowers to control its spreading.)

Using Purslane

It has a crunchy and lemon or citrus-like taste. The last inch or two of the plant is the most delicious, so when you gather it to eat, make sure you get the whole plant – the stems and the leaves. If you are trying to thin out a patch, simply pull it out by the roots. Keep it cool until you can wash and trim it.

Purslane goes well in salads and can be used as garnishes or in sandwiches (preferably by using the tender, young leaves).

You can use it to substitute for spinach or watercress, as well as to thicken stews or soups. Make your own pesto by combining these ingredients:

- Purslane, with stems and all.
- Olive oil.
- Garlic.
- Pine nuts.
- Hot watercress.

Blend thoroughly.

Whether you want to call purslane a weed or an herb, there is no denying the healthy benefits of this often-overlooked plant.

KEY LIME BARS

INGREDIENTS

16 fl ounces Lime Juice
3 ea Condensed Milk 14 oz Can
1/2 teaspoon Sea Salt
5 1/2 fl ounces Liquid Egg Yolk
1/2 oz Powdered Gelatin bloomed
4 ounces Water
12 ounces Shredded Coconut
4 ounces Water



PREPARATION

Preheat oven 300°
Prepare 9x13" pan and set aside till needed.
Place coconut in large bowl. Add 4oz. water and mix well by hand, coconut should stick together when pressed together. Add water as needed to ensure it sticks together. Pack coconut tightly on bottom and about half way up sides in the pan. Bake at 300° for 15 minutes or till light golden brown.

Remove from oven and cool completely. Set aside till needed for filling.

Bloom gelatin in 4oz. cold water. Let sit for 5 minutes.

In large mixing bowl, combine juice, condensed milk and salt.

Microwave to melt gelatin till it's clear and steamy. Once gelatin is clear and steamy, add yolks to juice-milk mixture and whisk in. Add melted gelatin all at once to mixture. Immediately but carefully pour filling in pre baked coconut base. Be careful not to disrupt the bottom coconut base.

Place in oven at 300° for 5 minutes. Remove and let cool for 20-30 minutes and refrigerate till completely set, preferably overnight.

Cut into squares and serve as desired.

LEMON POUND CAKE

INGREDIENTS

1/2 lb Unsalted Butter room temp.
1/2 lb Egg room temp.
1/2 lb Beet Sugar
1/2 lb Pastry Flour
3/4 teaspoon Sea Salt
2 ea Lemon
3/4 teaspoon Baking Powder
6 1/2 ounces Lemon / Lime Curd Filling



PREPARATION

Preheat oven 300°
Combine the flour, salt, baking powder in a medium bowl. Mix together. Set aside till needed.

Ensure butter and eggs are room temperature.

Cream butter, sugar, salt and lemon zest till light, fluffy and almost white in color. Scrape down bowl.

Add dry ingredients and mix till incorporated.

Fold in lemon curd. Can also use lime curd.

Scoop into loaf pans filling 2/3's to the top. Can use mini loaf, loaf or muffin cups. Generously top with sugar.

Bake at 300° for 20-25 minutes or till Internal temp reached 190°.

Let cool completely. Serve with fresh berries and whipped cream.



**PFC SPONSORED
CLASSES**
EVERYONE IS WELCOME!

2017 PFC CLASS SERIES

For more information, registration or cancellations check our Web site, Facebook, or Eventbrite.

PFC offers FREE classes including cooking, health, natural medicine uses, & environmental awareness. To see upcoming classes, visit <http://peoplesfood.coop/community-outreach/classes>

THE ETHICS OF HERBOLOGY

Lead by: Linda Diane Feldt

Tuesday, July 18TH

7:00 - 8:30pm

Crazy Wisdom Bookstore & Tea Room

The Ethics of Herbolgy - what practitioners and consumers need to know about wild harvesting, finding an ethical supplier, herbal consultations, conflicts of interest, and other areas of concern.

The Herbal Wisdom series ends July 2018, this class will not be repeated.

PERMACULTURE / SUSTAINABLE LIFESTYLE

Lead by: David M. Hall

Tuesday, July 19TH

7:00 - 8:30pm

Crazy Wisdom Bookstore & Tea Room

Permaculture/Sustainable Lifestyle: A "Hippy" Niche for Liberal Elitists?

What does living in a sustainable way look like? There are many misconceptions and much idealism around such efforts and the people who strive to live in these ways. Come and join a hearty discussion about this.

PERFECT PIES & TARTS

Tuesday, July 25TH

7:00 - 8:30pm

Pittsfield Library: Program Room

Keegan C. Rodgers, Head Baker at the People's Food Co-Op, leads this hands-on and lively workshop on how to make the perfect pie dough.

Participants will take home enough dough for 2 single crust pies or 1 double crust pie. Learn the difference between pies and tarts, understand

the different fillings and crusts for pies and tarts, and understand how to blind bake a pie shell.

Attendees will leave with new baking skills and literature to take home. Tastes of Keegan's baked goods will be included, too!

MOTHER SAUCES: TOMATO BONANZA

Wednesday, Aug 9TH

7:00 - 8:30pm

Downtown Library: Multi Purpose Room

Keegan C. Rodgers, Head Baker at the People's Food Co-Op, leads this hands-on and lively workshop on how to make the delicious tomato sauce.

Participants will learn how to make a simple tomato sauce, plus techniques and recipes to help take advantage of the abundance of tomatoes that will be filling your gardens, and markets as the harvest comes in this summer.

**Café
VERDE**
FAIR TRADE COFFEE BAR



**PEOPLE'S
FOOD CO-OP**
BAKERY & NATURAL FOODS GROCERY STORE

216 N. FOURTH AVENUE ANN ARBOR, MICHIGAN •
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