



CO-OP

update

NEWSLETTER

SEPT. - OCT. 2017 ISSUE
FREE

your

BOARD MATTERS



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Announcing to PFC Member Owners

It is with regret that the PFC Board of Directors informs our member-owners that Michael Walter, our recent General Manager hire, has resigned effective August 21.

While we are disappointed by this decision, we want you to know that our PFC Leadership Team composed of Angie Voiles, our interim GM and Grocery Division Manager, Lori Crall, Customer Service and Wellness Manager, and Susan Landauer, Human Resources Director, are committed to continuing to keep our Co-op running successfully. The team has managed the business since January and the Board is confident they will continue to lead effectively during the transition. In addition, our staff expertise is strong and they are working hard on your behalf.

We continue to advance our goals for a thriving cooperative business. Thank you for your support!

PFC Board of Directors
August 23, 2017

PFC at BILL'S

Meet new friends while raising funds for Food Gatherers!

Friday Sept. 29th
5pm - 9pm

If 100 people attend BBG will donate 50¢ of each beer/wine purchased to Food Gatherers.

All ages welcome.
Food available at Marks Carts.



PFC  **Board Meeting**

Wednesday, Sept. 20th, 2017
6:30 p.m. - 8:30 p.m.
St Andrews Church
on Division Street

Everybody is Welcome!

 

Important Dates

- Sept. 5 U of M Classes Start
- Sept. 9 U of M Home Game Noon
- Sept. 16 U of M Home Game Noon
- Sept. 28 & 28 ... SPECIAL INVENTORY HOURS
- Oct. 7 U of M Home Game TBA
- Oct. 28 U of M Home Game Noon
- Oct. 31 Halloween

Pickle in the Nickel (of Time)

Written by: Co+op, stronger together

Pickling can be just that—a pickle. True pickling is an ancient miracle for food preservation, but involves a drawn-out fermentation process requiring canning equipment, sterilization procedures and a whole lotta waiting around. Kudos to you if that's up your alley, but the truth is, some of us simply don't have the time or patience to be as DIY-savvy as our worldly ancestors.

So if you're a little fickle about pickling, we understand. But did you know that there's a fast and easy way to preserve and chill those fresh garden veggies without having to wear a lab coat?

Allow us to introduce quick pickling for those of you not ready to go all in. Where science meets cool foodie niche.

1. Pick your pickle

Although cucumbers are the most common for pickling, you can pickle almost any vegetable such as baby carrots (not the bitty mature carrots which you find in packages, but miniature immature ones with the skin still on), shallots, onion, asparagus, cauliflower, green beans, zucchini, okra, and beyond. The fresher and crispier the produce, the better the final product.

2. Prep the potion

The main ingredient in pickle brine is vinegar. White vinegar is most common, but you can also use cider vinegar or wine vinegar, just not balsamic because it's too syrupy. Combine 1 cup vinegar with 1/2 cup water.

Add a few pinches of good ole NaCl. Salt draws moisture out of the vegetables, and encourages the growth of useful bacteria.

Finally, spice it up. This is where it gets fun. Many "pickling spice" blends are available and work beautifully, but warning, we might judge you for being boring (JK!). Consider a visit to the bulk aisle at your local food co-op, and try making your own blend with mustard seed, dill seed, dry coriander seed, red pepper flakes, bay leaf, black peppercorns or garlic.

Combine all the ingredients in a saucepan, stir to dissolve, and bring to a boil.

Try This: Instead of diluting the vinegar with water, try including a 1/2 cup of white or brown sugar with a dash of cinnamon. Engage those senses!

3. Prep your veggies

Trim off any inedible pieces of your vegetable (e.g., the ends of green beans or root ends of onions). If you're cutting your vegetables into pieces, make sure they're all about the same size for pickling consistency.

4. Submerge and chill.

Place your vegetables in a clean, dry container.

Glass jars are the best because they won't absorb any odors from the pickles (here's to reuse!) and they're oh-so lovely.

Pour the boiling brine into the jar and submerge the veggies completely (you can add water to bring up the level if needed). Refrigerate for at least one hour and let the brine work its charms. The longer you brine, the tastier the pickle.

Depending on your veggie, quick pickles keep in the fridge for weeks, if not months, meaning constant crunchy snacks galore. So holler, pickling is a pickle no longer! Pickle that! Pickle!



Preserving Your Organic



Harvest

Written by: **Co+op, stronger together**

Want to enjoy the most healthful food—like local, organic fruits and vegetables—year round? Preserving the bounty you've grown yourself or purchased from your local food co-op or farmer's market makes it possible. And for those who live where the growing season is relatively short, it's great way to extend the season. Simple food preservation techniques can lock in flavor, help maximize your food dollars, support local agriculture, and give you a chance to really get to know the food you eat and serve to your family.

Produce possibilities

Check out the list of what's in season in your area on our home page to jump-start your imagination. If it's June, that could mean local strawberries are plentiful--and ripe for freezing. In July or August, a big bubbling batch of tomato sauce or salsa could be just the thing. Of course, a walk through your garden or local co-op to see what's fresh and abundant is also a great way to identify preservation possibilities.

It's not just grandma's pantry

Putting up jewel-toned jars of pickled beets and brandied peaches may be what comes to mind when you think "food preservation," and canning has become popular across generations, with plenty of unique recipes that appeal to a range palettes. But canning isn't all there is. Other simple ways to preserve local and seasonal foods include drying, freezing, curing, pickling and even cellaring (yes, putting your food in a root cellar; grandma did know best, didn't she?)

For beginners, dehydrating and freezing foods are a snap---and no special equipment is required.

Freezing

When it comes to nutritious preserved foods, freezing is second only to fresh foods. While freezing can affect the texture of some foods, most vegetables, fruits, meats, soups, and even herbs can easily be frozen in airtight containers for use

all year long. The key is to start with cold foods so that the time it takes for them to freeze is very short. This minimizes ice crystals and preserves the color, texture, and taste of your foods.

Try freezing cold berries or chopped vegetables in a single layer on a baking sheet. Once frozen, transfer to a freezer bag or Mason jar for storage. You'll be able to pluck a single berry or measure 2 cups worth from the container without defrosting the entire batch.

Fresh herbs, like basil, thyme, mint, and chives, can be snipped into measured teaspoons or tablespoons and frozen in ice-cube trays topped up with water. Stored in a bag in your freezer, they're recipe-ready almost instantly.

And remember: a full freezer is an efficient freezer, so don't be shy about filling it up!

Did you know? Nuts, seeds, and whole grains can be stored in the freezer to extend their shelf life and prevent spoilage.

Drying

Dehydrating foods is a simple and easy way to keep vegetables, fruits, and even meats stored away until you are ready to use them. Drying preserves foods by taking all the moisture away; without moisture, bacteria cannot grow and your foods stay delicious for months—even years. While there are plenty of dehydrators available, many recipes are possible using a regular home oven.

Fresh herbs can be dried in a microwave or just hanging from your ceiling! The best thing about drying is that it uses very little energy, and the preserved foods are lightweight—easy to store and transport (perfect for camping!).

Did you know? Dipping fruit slices in pineapple or citrus juice before drying can preserve their color and prevent browning. It's delicious, too!

Canning

Home cooks have been preserving food in jars for centuries, and these days we have plenty of resources to do so safely and with confidence. Canning does require some special equipment, available at many co-ops and hardware stores, and recipes designed and tested for safety. After the initial investment in jars, a canner, and a few accessories, the expenses are minimal and the results can be phenomenal. Canned goods go far beyond the usual tomatoes and green beans. Modern canning recipes allow you to create unique and memorable foods for gifting or for enjoying yourself.

Did you know? Home-canned goods should be used within a year for optimal quality, but are safe for much longer, as long as safe canning methods were used.

Fermenting

Fermentation brings us some of our favorite foods: cheese, yogurt, beer, wine, pickles, and even chocolate. Nearly every culture in the world makes use of the natural preservative effects of fermentation. Fermentation works by transforming the natural sugars in foods into tart and flavorful foods that tend to resist spoilage at cool temperatures.

Fermentation is made possible by the action of beneficial bacteria— the same bacteria that keep our immune and digestive systems healthy. So fermented foods are not only practical, they also deliver a healthy dose of probiotics. Another benefit of fermentation is that no special equipment is required. You can get started with as little as a knife, a cabbage, and some sea salt, and couple of weeks later you'll be enjoying sauerkraut!

Did you know? Every ferment is unique because of the bacteria and yeasts that are naturally present in the air and foods in that region. The same recipe can taste different across the globe!

HARVEST STEW



A hearty and satisfying vegetable stew. Delicious with crusty bread and a green salad or grilled cheese sandwich.

By: Co-op, stronger together

Total Time: 60 minutes

Servings: 8

INGREDIENTS

2 tablespoons olive oil	1 cup yellow onion, diced
1 cup red bell pepper, diced	1 tablespoon garlic, minced (about 3 cloves)
1 tablespoon curry powder	1 14.5-ounce can diced tomatoes
1 15-ounce can kidney beans, rinsed and drained	1 cup diced russet potatoes (about 1-inch cubes)
1 pound butternut squash, peeled, seeded, and diced	1 cup diced apple
4 cups vegetable or chicken broth	1 cup white wine (or water)
3/4 cup pearled barley, rinsed and drained	2 teaspoons each salt and black pepper

PREPARATION

In a large stock pot, sauté the onion and red pepper in the olive oil over medium-high heat for about 5 minutes; add the garlic and curry powder and sauté for one minute more. Add the barley and 3 cups of vegetable or chicken broth; bring to a boil, then lower the heat and simmer for 30 minutes, stirring occasionally. Add the tomatoes, kidney beans, potatoes, butternut squash, apple, remaining broth, wine, salt, and pepper. Simmer for another 20 minutes or until the barley is tender. Taste for salt before serving.



They may look the same, but one way to reduce exposure to pesticides is to eat more organic food.

Organicok If your food could talk, what would it tell you?

Organic. Naturally different.

Please Note! **We're CLOSING**
early for INVENTORY

at 7p.m.
September 28th

Hot Bar & Salad Bar
will be closing at 6p.m.

Please note:

- People's Food Co-op reopens September 29th at 9 a.m.
- Cafe Verde reopens September 29th at 7 a.m.
- Hot & Salad Bar reopens September 29th at 8 a.m.

We apologize for any inconvenience this may cause and look forward to seeing you again on September 29th.



LIVE!@
CAFÉ VERDE
music
THURSDAYS
FROM **6-8PM** **NEW TIME!**

Café VERDE
FAIR TRADE COFFEE BAR



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

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