



The Garlic Press

March 2003

All BFC members are welcome to contribute to the Garlic Press. Please contact Shelly Thomas to submit your article contributions.
Remember - this is your newsletter!

Dates to Remember:

Orders Due - Tuesday, February 25, 2003

Distribution day - Tuesday, March 11, 2003

Order Reminders –

March orders can be dropped off to the co-op mailbox at: 821 Fairway Trails, Brighton, 48116

Northeast Orders

Pamela Kerr
2338 Doris Drive
Brighton, MI 48114
e-mail: pgk@globaldsl.net

Outside Vendor Orders

Cynthia Scholes
6556 Barrie Circle
Brighton, MI 48114
e-mail: cdscho@comcast.net

Frontier Orders

Arlene Friskey
P.O. Box 111
Fenton, MI 43430
e-mail:
friskeycafe7@chartermi.net

Distribution News

Don't forget to sign your name, time in/time out on the sign in sheet when you arrive/leave distribution!

Message from A.M. Coordinator –

Submitted by Celia Kinville

Thanks to all of our newcomers this month! It was great to see all of you jumping in to help and to work so hard your first time out!! All of us working "cooperatively" is what will make everything run smoothly. We were a little behind schedule due to the truck getting stuck in the parking lot. However, the crowd that arrived around 9:30 a.m. got right to work to help us catch up. It will be our goal to get everyone in and out ASAP; please bear with us as we learn our new roles and attempt to increase membership. Remember, many hands make light the work. Tell your friends about us!

As always the early AM shift is in need of workers. Remember, anyone arriving before 8:00 a.m. will be able to shop the "extra's" table first. My kids in particular think this is a HUGE benefit.

I would like to give Cindy Damon a big "THANK YOU" for being a great A.M. coordinator and for helping me transition into the job. Thanks, Cindy, for your patience and help.

Message from the P.M. Coordinator –

Submitted by Terisa Tengler

Attention Home Workers! Please do not arrive any earlier than 2:00 to pick up your order. It will not be ready before then and you may be "volunteering" to work the floor!

When shopping the "Extra's" table, please remember to write your name on your Extra's box or bag. Also, make sure your Extras sheet is on top of that box or bag so that the checkers don't miss it.

While we're on the subject of Extras; Ellen Lafferty would like to remind members to put the vendor number on the Extras invoice sheet. If the vendor number is not written down, she has to guess at each item as she goes through the invoice to see from whom we purchased the product. Usually it's easy to assign, but not always! Thanks for your help!

Message from the President –

Submitted by Cindy Damon

When was the last time you sat down at distribution for a meeting? Felt good didn't it? Next time the coffee and tea will be hot! Wasn't the Chocolate Cherry Bread from Zingerman's delicious?!! Thanks Cynthia Scholes for ordering an extra loaf to share.

Thanks to everyone for your input at the meeting; that's what will help us go forward, working together. Also a big, warm "thank-you" for your patience, handwork and dedication - all with a smile on such a long, cold day.

FoodLink - Please do your part and get FoodLink downloaded onto your PC, so you can place next month's order using the Foodlink program. We are trying to reduce the amount of time batchers spend on inputting orders (we don't want to lose our batchers!) and using FoodLink will help with that. Cindy Damon, Janice Mechan, Jim Brown and Dolores Johnson can help with any questions about how to download FoodLink. You can find the cd's to install the program at the co-op mailbox. If you have a high-speed connection, you can download FoodLink from United Northeast's website. Also, go on the Brighton Food Co-op website and log in the bulletin board forums (wish list, recipes, operations, etc.) to exchange information. We need to encourage people to check out BFC's website. There is a lot of information, plus links to other related websites. The web site for BFC is www.brightonfoodcoop.org. Check it out!

A humongous "THANK YOU" to Dolores Johnson, for all of her hard work getting Foodlink up and running and at distribution. She put in many hours this past month, all the while keeping a pleasant attitude and sense of humor.

Child Care at Distribution –

We have a new service that will begin with March distribution. Kim Anderson is a new member and a young mother who would like to care for your children during distribution. The church is giving us the Fellowship Hall, kitchen and use of their TV/VCR. If you will have children at distribution that need to be cared for, please call Janice Mechan at 248-685-7235 by February 25 so that we may inform our babysitter.

BFC Forum Open for Business –

Submitted by Jim Brown

The Forum - also known as the Bulletin Board - is for discussing co-op operations and upcoming orders. It can also be used to discuss other matters related to the co-op, such as nutrition, food politics, health concerns, environmental issues and even favorite recipes. You can view most discussions without registering, but you have to register in order to participate. Registration consists of setting up your own username and password, which you subsequently use whenever you login.

The Forum has actually been available ever since the website was first set up back in November, but it was not structured in a meaningful way and there were no instructions how to get into it or how to use it. Now instructions are posted at

<http://www.brightonfoodcoop.org/bb.htm>, which you can also reach from the BFC Home Page by clicking on the BFC Forum link on the left side of the page.

At present, the BFC Forum actually consists of 5 different forums: Operations, Wish List, Recipes, General and Help. Most current activity is in the Operations Forum, which is used to discuss how the co-op should operate. Right now the two hottest topics are (1) what method should be used for the Wish List? and (2) should

FoodLink be used for Outside Vendor Orders?

All members with Internet access are encouraged to participate in the BFC Forum. Questions or suggestions about the Forum, the Website, FoodLink or other quasi-technical matters should be posted in the Help Forum. But if for some reason you can't reach the Help Forum or can't figure out how to use it, please e-mail your question or suggestion to bfcoop@brightonfoodcoop.org.

Vendor NewsFeatured Items for MarchRosewood Cheese -

American Swiss slices
Ricotta
Mozzarella 2%

Zingerman's Specials -

Hamastashen - prune, poppy seed, apricot, vanilla cream cheese - \$.95 each
Absolute Babka (Coffee Cake w/yeast dough, rum soaked raisins) Yummy! \$6.95
Pasano Bread \$1.90

Honey and Syrup available for March-

We have approximately 6 gallons of syrup left over from 2002. Although still good, we would like to get it used up. You can purchase syrup in quart and gallon quantities.

Frontier Spices –

Nancy Nowak received 3 extra pounds of Ground Organic Cumin Seed by mistake with her February Frontier order. It is \$.66 per ounce and she will have it divided into half-pound quantities. If you could use some cumin please e-mail her @ drnancycouch@pol.net or call her @ 248-347-7842 and she'll bring it to March distribution.

Wish List

Please note: when submitting wish list items, please include item number, product name, page number and if on sale. Any items missing this information will not be included on that month's wish list. This will help simplify wish list entries. If a product comes only in case quantities, try to order at least ½ case. No guarantees, but this will increase your chances of receiving your product. Also, if 2 people order same type of product but different brands, the batcher has the option of consolidating the orders. Thanks for you co-operation! – Ed. ©

Wish List for March –**Northeast Co-op Wish List –**

#99016 – Casc Peaches sliced Org, pg. 24**
 #97560 – Casc Potatoes French Fries Org, pg. 24**
 #97642 – Casc Raspberries Org, pg. 24
 #16160 Lbear Beans Red Green Chili FF, pg. 26
 #30430 – Newman Cookies Fig Newman LF, pg. 36
 #46848 – Bulk Seeds Flax Brwn Org, pg. 42
 #59556 – GHlth – Pretzels Peanut Butter, pg. 46**
 #20274 – Npath Cereal Hnyd Crn Flk Org Eco Pk, pg. 32**
 #17982 – Npath Cereal Oaty Bites Org Eco Pk, pg. 32**
 #40484 – ATFall Juice Key West Lime Cooler, pg. 28**
 #10244 – Bulk Choc Semisweet, pg. 25
 #91012 – Horizon Choc Milk Org, pg. 17
 #97552 – Casc Potatoes Spud Puppies Org, pg. 24
 #87782 – Bionat Tomatoes Whole Peeled Org, pg. 38
 #17000 – Eden Tomato Crushed Org, pg. 38
 #56970 – Walnut Sauce Pasta Tom/Basil Org, pg. 45
 #56860 – Millna Sauce Pasta Marinara, pg. 45
 #89512 – Yogi Tea Echinacea Immune Supp, pg. 52

**** Indicates sale item.****PRODUCE WISH LIST –**

#16020/#31328 – Bananas
 #23954 – Tomatoes
 #29570 – Pear D'anjou
 #91982 – Pineapple
 #47222 – Zuke Squash

Organics in the News

From the Michigan Organic Food & Farm Alliance:

Organic farmers, gardeners, consumers and supporters of local organic food systems will be gathering at Michigan State University for the Michigan Conference on Organic Agriculture, March 7 and 8, 2003.

The conference includes a wide array of programs for many interests. Friday features in-depth workshops on organic crop practices, community supported agriculture, organic certification, compost and organic livestock farming. Saturday offers over 20 different 90-minute workshops on nutrition, home gardening, food policies, organic poultry, animal health and more.

The public is welcome to a special Friday evening program featuring Percy Schmeiser, a Canadian farmer. "Biotechnology, Organic Farming and the Environment: Can We Survive the GMO Generation?" offers Michigan residents a unique opportunity to hear the moving tale of Percy Schmeiser's family farm battle against Monsanto for contamination of farm fields by a genetically engineered crop. Panelists also will include Chris Treter from the Organic Consumers Association, Claire O'Leary from the Sierra Club and Tom Zennie, an Organic farmer from Michigan.

The March 7 evening program will take place at the United Methodist Student Center at 1120 South Harrison in East Lansing. An organic dinner featuring Middle Eastern cuisine is available on Friday at 6 pm; \$10 cost for dinner. The program begins at 7 pm and is free to the public.

For details about conference registration, visit the Michigan Organic Food & Farm Alliance website at www.moffa.org. Reservations are requested for the March 7 dinner by February

21; checks may be sent to: MOFFA, PO Box 626, Gaylord, MI 49734. Call MOFFA at 269-674-8383 for more information.

Country Livin' Can Wreck Your Mojo –

Add infertility and depression to the long list of health problems caused by pesticides. Researchers at the University of Missouri found that men in rural areas have lower sperm counts and less-vigorous sperm than do men in urban area, and the difference has been linked to environmental factors such as increased exposure to agricultural pesticides. A separate study at Colorado State University links depression among farm residents to exposure to pesticides containing organophosphates. – reprinted from Mar/Apr '03 Organic Gardening.

BFC Officers

President: Cindy Damon
 (517) 546-7304
 V. President: Janice Mechan
 (248) 685-7235
 Treasurer: Joan Johnson
 (517) 546-8561
 Secretary: Chris Huxley
 (248) 486-1523
 A.M. Work Coordinator: Celia Kinville
 (517) 552-7808
 P.M. Work Coordinator: Terisa Tengler
 (810) 229-2464
 Newsletter Editor: Shelly Thomas
 (517) 545-0820

Home Workers

Outside Vendors: Cynthia Scholes
 (810) 220-4482
 Batcher: Dolores Johnson
 (810) 227-1415
 Batcher: Pamela Kerr
 (810) 227-6562
 Frontier: Arlene Friskey
 (810) 714-0275
 Bookkeeper: Ellen Lafferty
 (810) 227-5199
 Syrup, Honey: Suzanne Radelt
 (810) 231-9361
 Webmaster: Jim Brown
 (517) 546-4190



Shelly Thomas
7480 Green Rd.
Fenton, MI 48430