

## April BFC Newsletter "It's just food"

April distribution was from 7:30am till 2:30pm. We had a little problem with the UNFI paperwork not showing all the names on "who gets what" so we had to search other paperwork to find information. It took extra time, and I just wanted to thank everyone for pitching in. We are looking for 2nd shift workers to arrive on time (usually 9am sharp), please, and thank you.

Our new produce vendor seems to be a big hit. Thanks Nicole for all the work involved. If you order additional items besides a produce share, make sure it's on your paperwork. It didn't get on last month and some had to be added to your next month's bill. Thanks. WHEN YOU ORDER A PRODUCE SHARE, PLEASE BRING YOUR REUSABLE BAGS (IE: CLOTH BAGS) TO TRANSFER YOUR PRODUCE INTO SO THE PAPER BAGS CAN REMAIN IN OUR INVENTORY. THIS WILL HELP. IF YOU FORGET YOUR BAGS PLEASE TRANSFER TO ONE OF THE BOXES AVAILABLE. THANKS.

UNFI NOW HAS (SINCE JANUARY IN FACT) ON LINE CATALOG. YOU CAN FIND IT ON THE LEFT UNDER INVOICES AFTER YOU SIGN IN TO YOUR UNFI ACCOUNT. IT'S IN ADOBE FORMAT AND ABOUT 250 PAGES, BUT YOU CAN FIND NICE SPECIALS AND PRICING THERE. WORTH THE LOOK.

Several flank steaks on the order this month. Here is a great and quick recipe incorporating some fresh veggies and flank steak....

### Thai Beef Salad Wraps

- 1 (1-lb) flank steak
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 cup cubed peeled cucumber (I seed, too)
- 1/2 cup grape or cherry tomato halves
- 1/4 cup thinly sliced shallots
- 1 T chopped fresh basil
- 2 T brown sugar
- 3 T soy sauce
- 2 T fresh lime juice
- 1/2 tsp crushed red pepper flakes
- 6 tortillas
- 12 lettuce leaves

1. Prepare grill to medium-high heat.
2. Sprinkle the steak with salt and black pepper. Place steak on a grill rack and grill 4 minutes on each side (or until desired degree of doneness). Let rest 5 minutes.
3. Cut steak diagonally across grain into thin slices. Combine sliced steak, cucumber, tomatoes, shallots and basil in a large bowl. Combine sugar, soy sauce, lime juice and red pepper flakes. Drizzle over steak mixture; toss well to coat.
4. Warm tortillas. Arrange 2 lettuce leaves on each tortilla. Spoon 2/3 cup steak mixture down center of each and roll up.

Yield: 6 servings.

Thanks, Nancy Clark!

Hopefully I haven't forgotten anything...Have some fun, and see you at the next distribution.

Denise Hauk  
Secretary