



THE CAMBRIDGE FOOD CO-OP

Wholesome, affordable foods in a spirit of respect for each other and our world

MAY 2014 NEWSLETTER

Spring at the Co-op

The world is suddenly "mud-luscious. and puddle-wonderful," as e.e. cummings says, and our minds are churning out long "to do" lists: till and plant, clean out the root cellar, trim the winterkill from the raspberry canes—Spring cleanup time!

At the Co-op, Spring is a time of seasonal transition. For those of you weary of winter fare and chomping at the bit for something new, we have a Spring newcomer--fresh asparagus from Alberts Organics. A member of the lily family (yes, lily!), asparagus is chock-full of Vitamin K, and is a very good source of antioxidants, plant protein, and fiber.

Alongside the asparagus in the cooler, of course, we still have plenty of the Co-op's cold season dependables—rainbow chard, kale, and spinach. These fabulous organic leafy greens are high in fiber, rich in vitamins and cancer-fighting antioxidants. They can be served fresh, sautéed, or boiled. As with most vegetables, the shorter the cooking time, the higher the nutrient retention. This is especially true of spinach. If serving these robust leaves fresh, chop them and add a bit of heart-healthy fat (such as olive oil) to enhance the absorption of their fat soluble vitamins*.

The leafy greens are still kept company by the usual array of root crops, among them organic carrots, potatoes, and onions. But have you ever heard of rainbow carrots or watermelon radish? Our friends at Crandalls Corners Farm in Easton have recently supplied us with some root family delights. Watermelon radishes are mild, crisp, and provide a powerhouse of nutrients, whether cooked or served raw in a salad, or as a fiber-rich finger food.

Co-op produce deliveries are usually made Wednesdays by Alberts Organics (albertsorganics.com); Thursdays by Black River Produce (blackriverproduce.com); and Fridays by Crandalls Corners Farm**. Delivery times vary. It is always best to call ahead before you make a special trip. As the season progresses, we will be adding more local vendors, so please stay tuned.

* National Geographic Foods for Health, by Barton Seaver & P.K. Newby

**Crandalls Corners Farm, in Easton, New York, is a three-acre family run by Stephen Holbrook and Julie Callahan. They grow a wide variety of vegetables—over 150 varieties of 40 different vegetables—and use sustainable farming methods, with no pesticides, herbicides, or chemical fertilizers. They are a 50-share, four-season CSA farm. (crandallscornersfarm@gmail.com)



Submitted by Susan Sullivan

It's spring cleaning time again. And for those arduous cleaning tasks, your typical arsenal of white vinegar, baking soda, lemon juice, and borax might need a boost from some of the eco-friendly products available at the Co-op. We have castile soaps (plant based, instead of petroleum-based), as well as a variety of cleaners for more specific tasks. A few of our brands are:

- [Biokleen](#)
- [Citrasolv](#)
- [Earth Friendly](#)
- [Vermont Soap Company](#)



News from the Co-op Manager

Product Dating

We have changed the way we date those bulk items which we repackage (nuts, dried fruits, chocolates). In the past, the date on the package or bag showed the date we received the product in the Co-op and packaged it. We are now dating the products by the date we suggest the product be used, its "Best by" date. This date is usually the one recommended by the distributor. If the distributor makes no recommendation, we research the product ourselves in order to recommend an appropriate shelf life.

Fresh Fish

In order to help members make informed choices about sustainability, we have started to include ratings from certification organizations such as Monterey Bay Aquarium's "Seafood Watch" program. These ratings are based on environmental issues regarding commercial fishing. They are not related to human health or the benefits for human health from eating a particular species of fish. To better understand what a rating of "Good alternative" or "Best choice" means, go to the websites cited in our fish list email each week. You can download a handy shopping guide in pamphlet form from Seafood Watch at www.seafoodwatch.org.



A Membership Data System

Keeping track of who's who among our membership has always been a complicated task, because our data requires constant updates. So we have been exploring different information management systems. With the help of working member, Sandy Pikulski, who specializes in this area, we have evaluated an online calendar system which would enable members to sign up for shifts from home. We are also researching "Point of Sale" systems with associated database capabilities. A PoS would have the added advantage of making checkout much simpler and speedier. No magic pill has been discovered so far, but the research continues. In the meantime, please bear with us. *And Please Let Us Know* if we get something wrong, or if you change your contact information.

Submitted by Cory McMillan, Manager

Please send questions or comments to villcoop@gmail.com, or call Cory at 677-5731

Two New Cheeses: Be sure to read about the two new cheeses featured in the "From the Rind" article this issue: SeaHive Cheddar with Sea Salt and Honey from Beehive Cheese Company and a mixed cow and goat milk cheese, "Gisele," from Boston Post Dairy.



Message from the Board

A Home for Our Co-op

Our Building Task Force continues to analyze options as we consider the question of lease renewal with Marallan Real Estate—Bo & Debbie Andersson. We have been investigating several possibilities in depth, including purchasing and expanding our present building, or moving to another location in Cambridge. We will start scheduling a series of open discussion groups for members to consider what we have discovered thus far. We have lots of information, and we look forward to sharing what we have learned with you.

Outreach

EnRicH (Ending Rural Hunger): This is the name chosen by the group of concerned citizens who have come together around the issue of food insecurity in Southern Washington County. This community group, coordinated by Kate Kotfila, is planning an event for August 2, 2014, National Hunger Awareness Day. Many organizations in our area are working together to make this meaningful and memorable. Our next planning meeting will be Monday, May 12, at 7p.m. at the Brieman Building, beside the Presbyterian Church. All are welcome to participate. We need lots of heads, hands, and hearts, so please email Sarah McMillan, or Kate to learn how you can help. (smcmillan@burrburton.org or kate.kotfila@gmail.com)

Hubbard Hall Reunion Weekend

Will you be in town for the Fourth of July? If so, please consider volunteering to help the Co-op celebrate with Hubbard Hall. We hope to have a booth in the Freight Yard to participate in the weekend festivities. Again, contact our Events Chair, Sarah McMillan, if you can help.

Submitted by Susan Sullivan, Board Chair

Questions or responses? Please contact Susan at asusansullivan@gmail.com or 677-5064

The next Co-op Board of Advisors Meeting will be held on May 28, 2014 at 6:30pm upstairs at the Co-op. If you wish to attend and for physical reasons need a first floor venue, please contact Susan Sullivan (asusansullivan@gmail.com) who will be happy to make accommodations.



From the Rind: Two New Cheeses at the Co-op

SeaHive Cheddar with Sea Salt and Honey

Beehive Cheese Company

Uintah, Utah

SeaHive is a full-bodied cheese with a smooth, creamy texture, hand-rubbed with Utah-produced honey and sea salt. (RealSalt® sea salt is harvested from an ancient sea bed near Redmond, Utah, and contains unique flecks of color from more than 50 natural trace minerals.) Made from the milk of Jersey cows, this artisan cheese is best paired with hoppy ales, fruity white wines, or straight bourbon. It holds its own nicely when served with a variety of nuts, or shaved on salads or soups. (See below and on beehivecheese.com for recipes.)

Beehive Cheese Company, a journey "From corporate to artisan."

In 2005, brothers-in-law Tim Welsh and Pat Ford left the fast-paced world of software and real estate for a simpler way of life as artisan cheese makers. With help from the Western Dairy Center at Utah State University, they pursued their dream of bringing back the local creamery to northern Utah and opened the doors of the Beehive Cheese Company that same year.

The creamery is within walking distance from both Pat and Tim's homes. As part of a family-owned and operated business, their children make the trek frequently to help by stirring milk, flipping cheese slabs, packaging curds, and rubbing cheese wheels.

Milk for Beehive cheese is sourced from Wade's Dairy, a local fourth-generation family dairy whose mixed herd of Jersey and Holstein cows graze on approximately 550 acres of land. Clint and Tara Wade are committed to sustainable practices and antibiotic-free milk production. They are currently working with Utah State University on a project to maintain and operate their methane digester, which harnesses the energy of cow waste and converts it into reusable energy for the farm.

Each delivery of milk is tested prior to cheese-making. Beehive Cheese looks for the following markers of quality: somatic cell count, pH, presence of antibiotics, butterfat and protein levels. Beehive uses vegetarian-friendly rennet in all their cheese recipes.

Gisele

Boston Post Dairy

Enosburg, Vermont

bostonpostdairy.com

Named after Gisele Gervais, the mother of the farm family, Gisele is a natural rind, Swiss Appenzeller-style cheese made from a mix of pasteurized cow and goat milk. It is aged three months, and finished with a spiced cider wash that adds a fruity, autumnal touch. When June at the Black Dog Wines and Spirits in Cambridge tasted a sample, her advice for wine pairings was quick and definite. She recommends pairing Gisele with a fruity red wine (maybe a Pinot Noir or Merlot), a crisp and dry white (maybe a Clean Slate Riesling), or a good brut



champagne. A medium brown or wheat ale also goes well, as would many beers.

Boston Post Dairy is located on the Gervais family farm in northern Vermont, which is owned and operated by Robert and Gisele Gervais and 12 of their 15 children. The family began farming the property in 1962, and currently work with 80 dairy goats and 95 cows.

In 2007, Robert, Gisele, and four of their daughters (Anne, Therese, Susan, and Annette) bought the Boston Post Dairy, named after the old road that passes through the property. They have since added a cheese-making facility and a small retail store, where they sell a variety of hard and soft cow and goat cheeses, goat milk soaps, maple syrup, and bakery items—all of which are made at the farm. The cheese room was made with viewing windows to allow visitors to watch the cheese-making process. So, if you ever pass near Enosburg, Vermont, you might want to take a look.

Compiled from beehivecheese.com and bostonpostdairy.com by Margaret Waterson



Recipes from the Co-op

SeaHive Cheddar Crab Dip

- 3 tablespoons unsalted butter
- 2 medium shallots, minced
- 1/4 teaspoon cayenne pepper
- 3/4 teaspoon Old Bay seasoning
- 1 1/2 teaspoon Dijon mustard
- 3/4 cup half-and-half
- 8 ounces cream cheese, cut into small pieces
- 5 ounces SeaHive cheese, grated on the large holes of a box grater (about 2 cups)
- 3 tablespoons freshly squeezed lemon juice
- 2 teaspoons Worcestershire sauce
- 10 ounces lump crab meat, picked over for cartilage
- 1/2 cup chopped fresh flat-leaf parsley
- 2 slices white bread, crusts removed, torn into 1/4-inch pieces
- 1/2 teaspoon paprika
- Toast points, crackers, or bread sticks for serving



Method

- Preheat oven to 400° with a rack in the center.
- Melt 2 tablespoons butter in a medium saucepan over medium heat.
- Add shallots and cook until soft, about 2 minutes.
- Add 1 tablespoon water and simmer for 30 seconds.
- Stir in the cayenne, Old Bay, and mustard until well combined.
- Pour half-and-half into saucepan and bring to a simmer.
- Slowly whisk in the cream cheese, a few pieces at a time.
- When the cream cheese is fully incorporated, whisk in SeaHive, a handful at a time.

- Stir the mixture for 2 minutes. Remove from heat.
- Add lemon juice and Worcestershire sauce; stir to combine.
- Stir in crab meat and half of the parsley.
- Transfer mixture to an ovenproof baking dish and sprinkle with bread pieces.
- Dot top of bread pieces with remaining tablespoons butter; sprinkle with paprika.
- Bake until bread pieces are golden and dip is hot, 18 to 22 minutes.
- Garnish with remaining 1/4 cup parsley and serve with a sturdy bread, crackers, or bread sticks.



SeaHive Profiterole Ice Cream Sandwiches

- ½ cup water
- 3 tablespoons butter, unsalted, cut into cubes
- ½ cup flour
- 2 large eggs
- ¾ cup (about 3 ounces) grated SeaHive cheese
- 1 pint premium vanilla ice cream
- ½ cup honey
- Coarsely ground salt to taste

Method

- Preheat the oven to 425°.
- Line a baking sheet with parchment paper or silicone baking mat.
- Heat the water and butter in a saucepan until the butter is melted.
- Pour in the flour all at once and stir vigorously until the mixture pulls away from the sides into a smooth ball.
- Remove from heat and let rest two minutes.
- Add the eggs, one at a time, stirring quickly to make sure the eggs don't 'cook.'
- The batter will first appear lumpy, but after a minute or so, it will smooth out. (You can transfer the mixture to a bowl before adding to eggs to cool the dough, or do this step in a food processor or electric mixer, if you wish.)
- Add about 3/4 of the grated cheese and stir until well-mixed.
- Scrape the mixture into a pastry bag fitted with a wide plain tip, or a Ziploc bag with the corner cut off and pipe the dough into mounds, evenly-spaced apart, about an inch-and-a-half in diameter.
- Top each puff with a bit of the remaining cheese, then pop the baking sheet in the oven.
- Bake for 10 minutes, and then turn the oven down to 375° and bake for an additional 20 to 25 minutes, until they're completely golden brown and cooked through.
- To serve, slice a completely cooked puff almost all the way through. Spoon a small scoop of ice cream in each. Place on a serving dish and drizzle with a generous amount of honey. Sprinkle with crunchy salt to taste.



Source: beehivecheese.com