

THE CAMBRIDGE FOOD CO-OP

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

NOVEMBER 2013 NEWSLETTER

Thanksgiving message from Board President Susan Sullivan

What does our Co-op have to be thankful for this year?

We have faced so many challenges, yet we have received so many gifts. Since 2012, changes have been happening at a dizzying rate. We've had major turnover in the Board of Advisors and all but one of the Co-op's staff positions including our manager. We have said goodbye to many longtime employees. Some have left to pursue other dreams, some have left to face great challenges, and one to bring an adorable new life into our Co-op Community.

Those to whom we bid farewell

Jim Dilley - Board President and floor polisher extraordinaire, **Nancy Bariluk-Smith** - longtime Manager and Co-op style guru, **Nichole Fox** and **Kristi Plunkett** - hardworking, innovative, and incredibly patient Shift Supervisors, **Shannon Woodcock**- emergency cashier, **Winona Hathaway**- Bookkeeper, **Sarah McMillan** - Board Secretary, and **Ellen Adams**- newsletter worker. To each of you we send our best wishes and gratitude!

Those who picked up the baton

Cory McMillan - In July, after a methodical and diligent search process the Co-op Board was thrilled to approve the hiring of our new Manager. In less than 4 short months through countless tests, Cory has proven himself to be patient, resourceful and a master of multitasking and excellent playlists. Also joining our rejuvenated team are **Jessica Jones** - bookkeeper and vehicle repair expert, **Mike West** - hardworking cashier and farmer, **Monica Sirigmano** and **Dave Bower** -new publishers of this brilliant newsletter and web gurus in their other life, and finally, soon to be revealed- "X"- the Amazing Shift Supervisor who will help Cory herd all of us stray cats.

Those who held down the fort

Kim McMillan! She is our source of steadfast management and positive energy. And YOU, our loyal members! Your dedication, patience and goodwill have seen the Co-op through great changes before and this year has been exemplary. Many of you volunteered for extra shifts, pitched in on the store floor while you were shopping, and patiently waited in line while yet another worker was trained on the register. To all of you, THANK YOU! You are each a gift. Our new and evolving team has kept our Co-op stable, vital and dynamic. Certainly our future is bright.

Manager's News

Holiday items, features and sales for the month of November

For Thanksgiving the Co-op will be carrying many of your fixings! Look for canned organic pumpkin, fresh organic cranberries, celery, and onions, local and organic garlic and squash, a large selection of nuts including raw and roasted chestnuts and mixed nuts in the shell, and olives both canned and fresh. Our cheese selection always expands for the holidays, with an emphasis on special cheeses from our region (see the "From the Rind" column in this newsletter for one of these treats). We will also be stocking a selection of fresh, organic herbs. Check out our relishes and chutneys as well as our wonderful appetizers.

WHAT'S NEW:

Kombucha on tap! By popular demand! We have bottles to start you off, then just refill when you stop by the next time. Two delicious flavors: Ginger and Elderflower. Created by Aqua Vitea. Kombucha is a fermented beverage made from tea, sugar, water and a symbiotic culture of yeast and bacteria. It contains amino acids, probiotics, live enzymes, B complex vitamins, antioxidants and organic acids. Our brewed coffee in the store is now provided by a local coffee roaster, Lucy Jo's. Stop by for a delicious cup of regular or decaf!

FEATURED ITEM FOR NOVEMBER

Kimball Brook Farm organic milk - new this fall!

NEW AND ON SALE!!

Backroads Gluten-free Granola. Made in Vermont. Organic, non-GMO and no refined sugar.

20% OFF SALE: Selected spices, just in time for pies and mulled cider: ground and stick cinnamon, ginger, allspice, cloves, ground cardamom and saffron. Also Pamela's Artisan Baking Mix.

15% OFF SALE: Sparkling juices: Apple, Cranberry and Blueberry.

Sale discounts are in addition to your member discount. Happy Thanksgiving from your Co-op!

Cory McMillan, Co-op Manager

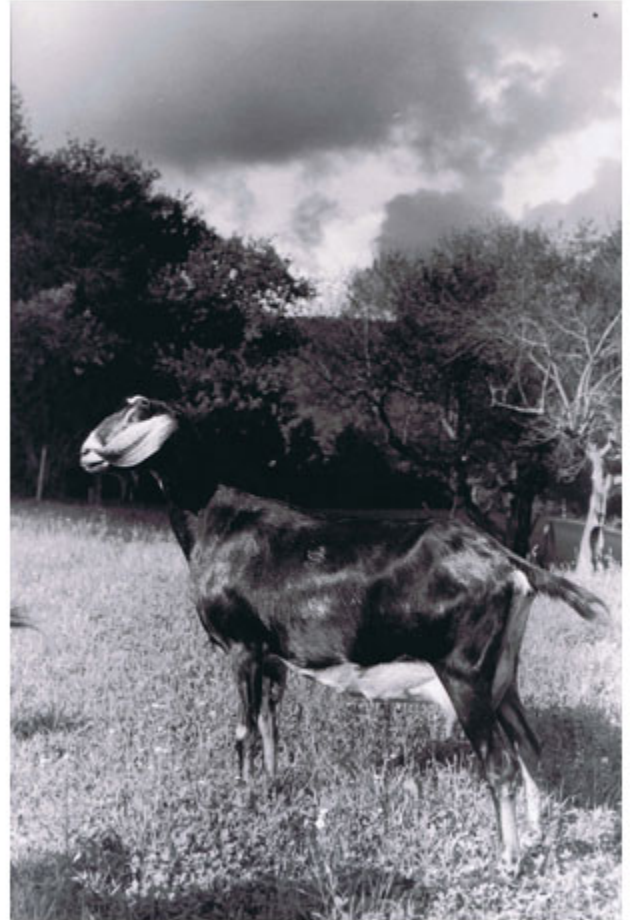
From the Rind: Cheese at your Co-op

TOMME is a generic name, reportedly referring to the cheese's small, round shape, that is usually applied to semi-soft alpine cheeses from the French Alps and Switzerland. They are usually named by their place of origin, and you may well have heard of the most famous of these, "Tomme de Savoie". They can be made from cow, sheep or goat's milk, often part-skim milk left over from butter-making, and the rind can be soft or semi-hard. The flavor and aroma of a Tomme are often described as delicate, buttery, and creamy, though some can have a slight tang, depending upon the season of the year.

We are very pleased to be carrying a tomme from your backyard! Northern Spy Farm in southwestern Vermont produces its "Goat Song Tomme" from raw goat milk. This is a seasonal cheese, produced from May through October, so NOW is the time to enjoy it, and it only gets better as the fall fades into winter. We borrow the following description from the farm's web site: "The milk comes from a small herd of nine American Nubian does who are milked by hand twice a day - morning and evening. The tommes are made in small batches, two or three at a time, hand-salted and aged in an underground cave for at least eight weeks."

The proprietors and cheese-makers of Northern Spy Farm have other talents as well, which will enrich your experience of their delicious cheese. Dona McAdams' remarkable photographs of the goats may be seen on the farm web site, and we reproduce one here. Her photographs have been exhibited at the Museum of Modern Art, the Whitney Museum, and the International Center of Photography in New York City and are in the collection of MOMA, the Metropolitan Museum of Art, and the Bibliothèque Nationale in Paris, among others. Brad Kessler's latest book, *Goat Song: A Seasonal Life, A Short History of Herding, and the Art of Making Cheese* was published in 2009, and is available at Battenkill Books in Cambridge. Brad is an award-winning author of several books, and has published essays and articles in *The New Yorker*, *The Nation*, *The New York Times Magazine*, and *The Kenyon Review*.

Dona and Brad's "Goat Song Tomme" has been praised for its "nutty aroma" and other savory flavors that "meld beautifully with buttery notes of sweet cream, followed by a hint of salt and mild goaty notes". Try it some chilly evening by the fire with dried or fresh fruit, a new loaf, and a good bottle of red wine!



Relishing Antioxidants at Thanksgiving With the Best Cranberry Relish

The classic Thanksgiving meal does not always exemplify healthy eating—except for the amazing cranberry. Cranberries are high in Vitamin C and fiber and helpful in reducing urinary tract infections. They're also called a superfood because they are higher in antioxidants than almost every vegetable or fruit that we commonly eat except blueberries. At Thanksgiving, cranberries play an important role in balancing out the flavors, textures and color of the whole wonderful feast. I bet very few of us sit down to a table without cranberry sauce or relish.

My mother always made what we called "that raw cranberry relish" according to the directions printed on the package. I've always done the same until a few years ago when I came across a more exciting version in the New York Times by Marian Burros. Like I do with almost everything, I fooled around with it until it was just right. I always volunteer to make it for Thanksgiving because it's such a good, sweet and tart counterpoint to everything else that is so deliciously rich.

This is a raw cranberry and orange recipe so I always make mine using the Co-op's organic ingredients. (I do not relish eating the skin of an orange that could have been sprayed with insecticides or wax.)

The Best Cranberry Relish

15 minutes

Make at least a day ahead of time to meld the juices.

- 2 cups fresh cranberries
- 2 oranges (Valencia oranges have a thin skin and are juicier than navels)
- 6 T maple syrup
- 2 T orange liqueur such as Grand Marnier, Courvoisier, triple sec or Creole Shrub)
- ¼ T freshly grated nutmeg
- 6 T toasted and chopped pecans
- pinch of salt

Wash cranberries. Scrub the skin of one orange and using a vegetable peeler, peel just the outside orange part of the skin. Then quarter both oranges removing any seeds and process with the cranberries, using a food processor or meat grinder with fine blade, until they are finely and uniformly chopped. Keep watching as it can easily turn the corner and become mush.

Put into a quart size jar and mix in the maple syrup, orange liqueur, nutmeg, and pinch of salt. Taste for sweetness adding more maple syrup if you prefer. Refrigerate at least a day ahead of time. Before serving, mix in the toasted pecans.

Yield: 3 cups

Luckily this usually makes enough for leftovers. It is dynamite mixed half and half with mayonnaise as a spread on turkey sandwiches.

Contributed by Peg Winship

The Great and Delicious Thanksgiving Variable: Stuffing!

Truly nothing is more flexible or creative than traditional turkey "stuffing"! Do you use prepared bread pieces or cubes, or do you make your own? What kind of bread? Whole wheat, sour dough, corn bread, or gluten-free? What kind of broth? Turkey giblet, chicken or vegetarian? What do you add to the basics? Chestnuts, pecans, oysters, cranberries, apples, mushrooms, sausage? Is it cooked in the turkey or in a casserole, or both? Following is an attempt to offer some choices that my family likes, though I admit to changing it a bit every year. (Amounts are approximate and easily adjusted). Almost everything is available at the Co-op, and your preparation can easily be wholly organic.

STUFFING BASICS:

- 15-20 cups torn or cubed Murray Hollow "corn bread" (or any fairly dense loaf of Murray Hollow or Round House bread). Spread the bread on 2 large baking sheets and bake at 350°, stirring occasionally, until dry (approx. 20-25 minutes but keep watch). This is enough for a large turkey AND a sizeable baking dish.
- 1 large Spanish (sweet) onion, chopped
- 2-4 celery stalks with leaves, chopped
- 2-4 cloves of garlic, minced

Cook onion, celery and garlic in ½ stick butter (or any proportion of olive oil), until vegetables are wilted and onion is transparent. Do not brown. Add 1 cup coarsely chopped apple, 1 tsp. dried thyme, 1 tsp. dried sage, 1 tsp. dried marjoram (by all means use fresh herbs, just use considerably more of each as dried herbs are more concentrated), and 2 T. fresh Italian parsley. Cook three more minutes, stirring occasionally. Remove from heat, add to bread mixture and mix well, adding salt and freshly ground pepper to taste.

THE OPTIONS: Add one or more of the following (I generally choose two or three):

- ½ cup fruit-juice-sweetened dried cranberries
- 1 cup roughly chopped pecans
- 8-16 oz. sausage meat, browned in a skillet and crumbled (if you do this first you can sauté the other vegetables in this fat; sweet or spicy sausage depending on your preference)
- 1 cup chopped roasted chestnuts (or a bottled variety)
- 12 oz. lightly sautéed mushrooms: Crimini, Portobello or Shitake

Place stuffing loosely in both cavities of the turkey and roast with the turkey.

Place the remainder of the stuffing in a buttered or oiled baking dish. Moisten the latter with giblet broth (simmering on the stove for the turkey gravy). The amount you use will determine how moist your stuffing turns out to be. Don't overdo the liquid at the beginning - you can always add more. Cook at 350° or 375°, covered, for at least 20 minutes, then remove cover and cook for at least 15 minutes more until lightly browned on top.

FOOD SAFETY TIP: Most cookbooks recommend that you test the temperature of the stuffing in the turkey when you take the cooked bird from the oven. If it has not reached 165°, remove it all, place in a baking dish and cook in the oven until it reaches that temperature.

For some proportions and baking times I am indebted to The New York Times Cookbook, 1961, C. Claiborne ed., and Gourmet Today 2009, R. Reichl ed.

Contributed by Louisa Matthew