

The New Leaf

News from Syracuse Cooperative Market

Spring Bounty


SYRACUSE
COOPERATIVE
MARKET

SPRING 2018

Charred Asparagus with Tarragon Aioli
Cauliflower "Couscous" with Asparagus and Peas
Supplier Spotlight: Seven Year Gold





By: StrongerTogether.coop

Charred Asparagus with Tarragon Aioli

Total Time: 15 minutes / Servings: 4

INGREDIENTS

1 bunch asparagus, tough ends trimmed
2 1/2 teaspoons olive oil, divided
Freshly ground black pepper
Salt to taste
1/4 cup mayonnaise
1/2 or 1 small clove garlic, minced
1/2 teaspoon lemon zest
1/2 teaspoon lemon juice
1/2 teaspoon dried tarragon

PREPARATION

1. Heat broiler on high and set a rack 6 inches away from it. On a sheet pan, toss asparagus with 2 teaspoons of olive oil, a few grinds of pepper and a pinch of salt. Broil for 2-5 minutes and check for browning; shake the sheet pan to roll the asparagus spears around to brown evenly.
2. For the aioli, put the mayo in a small bowl, add the garlic, lemon zest, lemon juice, 1/2 tablespoon olive oil and tarragon and mix well.

SERVING SUGGESTION

This dish is a delicious side for poached or baked tilapia or salmon or with a hearty grain-based pilaf or salad. Serve asparagus warm or at room temperature, with aioli for dipping, or place the asparagus on a platter and drizzle the aioli down the center.

Nutritional Information

100 calories, 8 g. fat, 5 mg. cholesterol, 280 mg. sodium, 8 g. carbohydrate, 2 g. fiber, 3 g. protein

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Cauliflower "Couscous" with Asparagus and Peas

Total Time: **30** minutes

Servings: **8**

In this brightly flavored side dish, cauliflower stands in as a wheat-free alternative to couscous. With cauliflower as the backdrop, all of the fresh spring flavors shine through. You may never look at cauliflower in quite the same way again!

INGREDIENTS

1 head cauliflower
12 ounces asparagus
10 ounces frozen peas, thawed
1/3 cup pine nuts
Zest and juice of one lemon
2 tablespoons olive oil
1 small shallot, minced
2 tablespoons mint leaves, julienned
1 teaspoon thyme leaves, chopped
Salt and black pepper to taste

PREPARATION

1. Break the cauliflower florets apart, cutting the larger ones down until all the pieces are roughly the same size. Place the florets in a food processor and use 8-12 quick pulses to reduce the cauliflower size and texture to slightly smaller than a grain of rice.
2. In a 12-inch skillet, heat 1/2 cup water and a pinch of salt to a simmer. Add the cauliflower in a single layer. Bring back to a simmer, reduce heat a little, cover and cook cauliflower 5 minutes, or just enough to take the raw edge off, but not so much it becomes soft or loses texture. Remove the cauliflower from the skillet and drain in a colander or mesh strainer, then place in a medium serving bowl.
3. Heat a small, dry skillet over medium heat. Add the pine nuts and stir frequently. Toast just until they smell nutty and have begun to turn golden, about 3 minutes. Remove from heat and set aside.
4. Remove the woody ends of the asparagus, then cut each spear on the bias into 1-inch lengths. Wipe out the skillet used for the cauliflower, add the olive oil and heat over medium heat. Add the shallot and sauté gently for a couple minutes, until translucent. Add the asparagus and continue sautéing a few minutes more, just until the asparagus is al dente. Add the lemon zest and juice, fresh thyme and salt and pepper and cook another 30 seconds or so.
5. Add the shallot-asparagus mixture, peas, pine nuts and mint to the cauliflower. Drizzle with a little olive oil and toss gently to combine. Adjust the salt and pepper, and lemon juice to taste. Serve slightly warm or at room temperature.

Nutritional Information

171 calories, 10 g. fat, 0 mg. cholesterol, 79 mg. sodium, 18 g. carbohydrate, 7 g. fiber, 7 g. protein

Recipe by Kevin Sharp, also available at StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop.



CO-OP SUPPLIER SPOTLIGHT



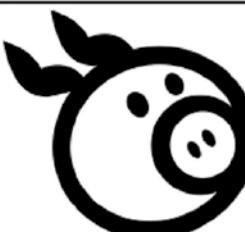
Story as told by Don Stanton, Owner

It has been at least since 2012 that I have been a supplier for Syracuse Real Food Co-op. I have been selling premium composted horse manure for over 30 years now. I started when I was a teenager selling it in bulk. Because most people wanted smaller quantities, I started bagging it in 2004. Since then the demand has increased every year to where I now have thousands of customers. They keep me very busy and I love it! Each fall I bag about 20,000 bags. I have a machine that fills the bags and then by hand, I lift each one and stack them up onto pallets.

I love that the Co-op promotes and sells "Real Food". Like myself, I believe that the Co-op members are very health conscious and want the highest quality food for themselves and their families; food that doesn't have all the artificial additives that can be bad for us. I love doing what I do because

it makes people happy and healthy. It is that simple. I think what I wrote on the back of my bag sums it up perfectly: "At Tanglewood Gardens, we can't say we have a passion for composted manure. But we do have a passion for what it does: we see it draw families closer together as they work together in their gardens." There are several things that make my product unique. First is that I wait 8 years to let it compost properly. Good things can't be rushed. During that time, I don't churn or rotate it at all. When you do that, weed seeds mix into it. It doesn't see the light of day for 8 years.

I love doing business with the Co-op. The people are very nice, polite, professional, and when I pull up with my big truck, they even come out and help me unload it.



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MEMBER MAILBOX



3 QUESTIONS FOR: Mary Lou Dopyera

1

What do you like best about the Co-op?

"The Coop has a friendly atmosphere. All the workers make it their instant business to help the inquiring customer. There are good meats, fresh dairy, craft beers and daily baked goods. The size of the Coop makes it possible to be in and out very quickly which is an asset to busy lives."

2

If recommending the Co-op to someone, what would you say?

"It's Produce is reliably fresh, locally grown in season and the variety is also reliable. The bulk bins of grains, beans, nuts, etc. enable the shopper to buy as much or as little as one chooses."

3

What does the Co-op mean to you?

"The Co-op is a neighborhood treasure waiting to be discovered. I have been shopping at the Co-op since it first opened, and I find the present quality of management surpasses all others."



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General Manager Comments



By Jeremy DeChario,
General Manager

In the last edition of The New Leaf, I talked some about the physical changes the Co-op has undergone in the last few years. One of the major changes I did not mention was the unveiling of our new brand. After a long process of member engagement we unveiled our new brand, and we have continued working to hear feedback from members to develop a more operationally focused interpretation of our Ends Statement.

In April the Co-op undertook a Member/Shopper survey to better understand how our community uses the Co-op and in what ways the Co-op could better serve the community. We will spend some time at the Spring Meeting discussing this topic at greater length, but here are some highlights:

Nearly half of our shoppers patronize the Co-op at least once a week, saying that, overall, the store meets their needs "well or very well." Community-ownership is a strong motivator for shopping at the store, with nearly three quarters of respondents saying it "increases or significantly impacts their patronage." The Survey says that the Co-op best meets our shoppers and members needs: in our location, by having knowledgeable and friendly staff, and having availability of local and organic foods.

From these survey responses we've devised a new way to bring the Co-op's mission more clearly into the operations of the Co-op. Our focus on Great Food will nurture our Strong Community, building our Local Economy.

Board of Directors Comments



By John Craddock,
Vice President

Every year when the long winter weather breaks, my thoughts immediately turn to the bountiful produce that is produced by our local farmers throughout the growing season. Supporting local, organic farming is one of the most impactful things we can do for our bodies, for our local economy and for the planet. In addition to the myriad benefits we see in our immediate community, the shipping of goods world-wide is one of the most insidious sources of carbon emissions and particulate matter that there is. Buying local reduces the energy needed to get that produce to market and it supports your neighbors.

Many people don't have the time or energy to buy directly from a farmer at the farmers' market. Maybe you'd like to participate in a CSA, but you're worried about variety. The Syracuse Cooperative Market has a great user-friendly way to support local farming with minimal effort. The Co-op Share is essentially a curated CSA, sourcing from multiple local, organic farms to insure a good mix of produce each week instead of getting a box full of rutabagas (nothing against rutabagas!). You can also save money by subscribing for multiple weeks. Check with the Co-op staff for pricing and options, and you can support Great Food, Strong Community, and a great Local Economy.



Employee of the Quarter



Carly Kaste •CASHIER•

Carly is a cashier at the Co-op and says it's the coolest job she's ever had. She says, "the customers are the best and I'm so grateful for the community I've found; but full disclosure, I'm in it for the dogs that get tied up outside while people shop." To sound healthy, she says her favorite food is baby carrots but has a sweet tooth for Luna and Larry's ice cream sandwiches. Her favorites in music are Melissa Etheridge and Counting Crows. She loves walking around Barry Park, but would live at Clark Reservation if possible. If she were a food she says she'd be a trail mix: full of energy, ready for adventure, and a little nuts! Other interests include making any kind of art, but film photography has a special place in her heart.

PICTURES!



Dads & Kids Chat at the Co-op



Scott Makes 'em Fresh!



Tabling at SU Health Expo

An advertisement for Fish Cove. It features a large graphic of a salmon and the text "FISH COVE". Below that, it says "Wild Sockeye Salmon 1 to 2 lb. fillets Pin Bone Out, IVP @ \$10.99/lb with this ad". It also includes the address "158 Swansea Drive, Shop City - joe@thefishcove.com" and a list of products: "Haddock - Shrimp - Scallops - Salmon".

An advertisement for Tai Chi. It features a silhouette of a person in a Tai Chi pose. The text reads "Join us to see how Tai Chi can improve your balance, health & wellbeing". There is a circular logo with the text "Fung Loy Kok Taoist Tai Chi". Contact information is provided: Phone: 315-476-5760 and Email: syracuse.ny@taoist.org.

An advertisement for Alto Cinco Mexican restaurant. It features a blue ribbon badge that says "Best of Syracuse". The text "VIVA LA REVOLUCIÓN" and "BY THE PEOPLE FOR THE PEOPLE" is at the top. The main title "ALTO CINCO" is in large red letters. Below it, it says "526 WESTCOTT ST SYRACUSE NY" and "HANDMADE MEXICAN SINCE 1995". There is a black and white photograph of people in traditional Mexican clothing.

An advertisement for Cooperative Federal credit union. It features a collage of four photographs: a woman kissing a child, a close-up of hands, a man and woman outdoors, and a woman smiling. The text "Life doesn't wait. Don't let banking hold you back." is in a blue box. Below it, it says "Find accounts, loans, mortgages and guidance at Syracuse's local credit union." The Cooperative Federal logo, featuring a tree, is in the bottom right corner.



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