

The New Leaf

News from Syracuse Cooperative Market

Spring Bounty



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

Reprinted by permission from StrongerTogether.coop. Find more recipes and information about your food and where it comes from at www.strongertogether.coop



syracuse.coop
 315-472-1385

Jeremy DeChario
 General Manager

Scott Pierson
 Assistant Manager

Reina Apraez
 Produce Manager

Don DeVeau
 Marketing & Member
 Services Coordinator

Gabriel Smith
 Grocery Manager

BOARD OF DIRECTORS

Meagan Weatherby
 President

John Craddock
 Vice President

Abigail Henson
 Secretary

Michael Jurbala
 Treasurer

Andrew Erickson

Debra Lee Gertz

Colleen Gibbons

Rich Strub

Anthony Terrinoni

NEW LEAF EDITORIAL TEAM

Don DeVeau- Editor

Contributors

Kevin Sharp

John Craddock

Jeremy DeChario

Co-op Stronger Together

Scott Pierson

Don Stanton

Mary Lou Dopyera

Carly Kaste

Echo/Damian Vallelonga- Graphic Design

Upstate Printing- Printing

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.



Our family of small farms raise heritage breed hogs on sustainably managed pastures with non-GMO feeds in the Finger Lakes. We handcraft small batch goods in our farm's butcher shop like:

*Nitrate free Deli Meats * Fresh sausages * Nitrate free hot dogs
* Fresh cuts like pork chops, ribs and more

www.ThePiggery.net

RECESS COFFEE



3 & 6 Month
Subscriptions
Available

Check out our website
for more details

SUBSCRIPTION PACKAGES NOW AVAILABLE!

Give friends the gift of coffee every month

www.recesscoffee.com | facebook.com/recesscoffee | instagram.com/recesscoffee | [twitter: @recessco](https://twitter.com/recessco)

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."



GORHAM BROTHERS MUSIC



LOCALLY GROWN & FAMILY OWNED
118 Seeley Road, Syracuse (315) 214-3573
www.gorhambrothersmusic.com

MIDDLE AGES

23rd Anniversary Celebration

**DARK HOLLOW
SOPHISTAFUNK
BOOTS n' SHORTS
MIKE POWELL &
THE BLACK RIVER**

-FREE OUTDOOR EVENT-

**AUGUST 5TH 2018
LEAVENWORTH PARK
120 WILKINSON ST - SYRACUSE NY
BEGINS AT 2PM - ALL AGES ADMITTED - 21 AND UP TO DRINK**

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 word-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

FISH COVE



Wild Sockeye Salmon 1 to 2 lb. fillets Pin Bone Out, IVP @ \$10.99/lb with this ad

158 Swansea Drive, Shop City - joe@thefishcove.com

HADDOCK - SHRIMP - SCALLOPS - SALMON



Join us

to see how

Tai Chi can improve

your

balance, health & wellbeing

Phone: 315-476-5760
Email: syracuse.ny@taoist.org



VIVA LA REVOLUCIÓN

BY THE PEOPLE FOR THE PEOPLE

ALTO CINCO

526 WESTCOTT ST SYRACUSE NY






HANDMADE MEXICAN SINCE 1995

Life doesn't wait.


Don't let banking hold you back.

Find accounts, loans, mortgages and guidance at Syracuse's local credit union.

Cooperative Federal

Federally insured by the NCUA Est. 1982





Syracuse Cooperative Market
618 Kensington Road
Syracuse, NY 13210

315.472.1385
contactus@syracuse.coop



SYRACUSE
COOPERATIVE
MARKET

syracuse.coop

OPEN DAILY
TO THE PUBLIC

8 ^{TO} **9**
AM PM

PRST STD
US POSTAGE
PAID
SYRACUSE, NY
Permit #1550

FOUNDER'S DAY SALE

MEMBERS SAVE

10%

ON ALL BULK ITEMS

Friday, Saturday & Sunday
MAY 18, 19 & 20

Another Syracuse Cooperative Market
Member Benefit

Spring Member Meeting



SUNDAY
MAY

20

12:00 PM – 2:00 PM
AT THE CO-OP

HEAR ABOUT THE MEMBER SURVEY!
SEE THE NEW WEBSITE!
CHAT WITH BOARD MEMBERS AND STAFF!
ENJOY REFRESHMENTS!