

The New Leaf

News from Syracuse Cooperative Market

Hello citrus!



FEBRUARY 2018

Kale & Blood Orange Salad
Tangerine Ricotta Bars
Skaneateles's Patisserie





By: Co+op, stronger together

Kale & Blood Orange Salad

Total Time: **20** minutes / Servings: **6**

INGREDIENTS

4 medium blood oranges
Juice of 1 large lemon
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 clove garlic, smashed
1/4 cup olive oil
1 bunch kale, washed, stems removed
1/2 cup slivered red onions
8 ounces feta cheese, crumbled or cubed

PREPARATION

1. For the dressing, zest and juice one of the blood oranges into a small bowl or jar. Taste the juice. If it is very tart, add a tablespoon of lemon juice; if it is very sweet, use two tablespoons blood orange juice and 2 tablespoons of lemon juice. Add salt, pepper, garlic and olive oil and whisk well or shake to combine. Set aside.
2. Roll the kale leaves up, cut crosswise into thin ribbons and place into a serving bowl. Pour the dressing over the kale and use your hands to toss, then massage for a minute or two to tenderize the leaves.
3. Peel and segment the remaining blood oranges, either with your fingers or with a knife, cutting between the membranes to make neat sections. Cut each segment into 2 or 3 pieces and add to the bowl with the kale. Add the red onions and feta, toss to mix and serve.

Nutritional Information

270 calories, 18 g. fat, 35 mg. cholesterol, 750 mg. sodium, 24 g. carbohydrate, 4 g. fiber, 4 g. protein

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Tangerine Ricotta Bars

Total Time: **1 hour 20 minutes**

Active Time: **20 minutes**

Servings: **16**

When glorious tangerines appear in the produce section, buy a bag and make these bars. The creamy ricotta filling is laced with fragrant tangerine zest and tangy juice for a lively winter dessert.

INGREDIENTS

2 1/2 cups graham cracker crumbs

1 teaspoon cinnamon

1/4 cup brown sugar

6 tablespoons butter, melted

1/4 cup honey

2 cups ricotta cheese

1/2 cup yogurt

3 large eggs

1/2 cup sugar

2 tablespoons tangerine zest

1/2 cup tangerine juice

PREPARATION

1. Heat oven to 350°F. Butter a 9-inch square baking pan. Place graham cracker crumbs in a bowl and stir in the cinnamon, brown sugar, melted butter and honey. Firmly press the mixture into the prepared pan and bake for 10 minutes; the crust will look dry.

2. While the crust bakes, place the ricotta, yogurt, eggs, sugar, tangerine zest and juice into the bowl of a food processor and process until smooth. Pour into the crust and smooth the top. Bake for 50 to 60 minutes, until the filling is set and jiggles only slightly in the center when gently shaken. Cool on a rack. For neat slices, refrigerate until cold. Cut into 16 squares.

Nutritional Information

210 calories, 11 g. fat, 70 mg. cholesterol, 160 mg. sodium, 23 g. carbohydrate, 1 g. fiber, 6 g. protein

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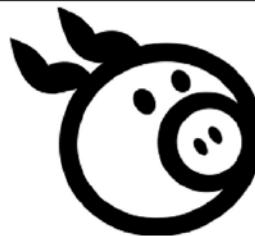
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The Patisserie Bakery

in Skaneateles, NY is a great find if you haven't found them already. They are nestled behind their owner, the Sherwood Inn (sherwoodinns.com), adjacent to the Inn's parking lot in a quaint yellow carriage house. Upon entering their front door, the distinct aroma of baking alerts your senses. Mmmm! While looking at all the goodies in their display cases, you can look into their baking area and see Assistant Manager and Baker, Michael Cheney, rolling the dough for the pastries and breads. All the baking is done on site and made by hand from scratch. Michael feels this is what makes their products unique.

Patisserie was established in 1999. Michael Cheney came with the bakery in the early 2000's, having worked previously as a Hotel Chef. Michael says he does what he does because he enjoys baking. He likes supplying the Syracuse Cooperative Market because the Co-op's members & shoppers appreciate the quality and uniqueness of Patisserie's goods, as opposed to buying a "cookie cutter" product. He says, "We have a clean label without all the extra ingredients and preservatives". Their business mix is 70% retail and 30% wholesale. Michael says, "The Co-op was one of our first wholesale accounts, starting back in December of 2004."



Michael says that they depend on the local area residents to purchase breads, pastries, cookies and special occasion cakes year-round. In season, the brisk tourist trade rounds out the Patisserie's growing business. The Co-op is certainly fortunate to have such a quality bakery, like Patisserie, to supply its focaccia breads and pastries.

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3 QUESTIONS FOR: Joe Falcone

1

What do you like best about the Co-op?

"I can buy bulk products like dry beans, coffee and nuts at a reasonable price plus bulk spices in small amounts. The Co-op offers an extensive variety of organic items at competitive prices."

2

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

"When I recommend the Co-op to another person, I tell them that if they are interested in a healthy alternative the Co-op is the place to go. I cook for my elderly mother and try to give her healthy options, many of which I get from the Co-op."

3

Why do you think the Co-op message is important in today's world?

"Co-ops are important as they give the community a place where local products are available and are an alternative to the big box stores. On a recent visit to the Co-op the Staff was very accommodating and answered my questions quickly & courteously."



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General Manager Comments



By Jeremy DeChario,
General Manager

The last year has been very exciting for the Co-op! We've made significant improvements to the store; In December we added a new produce cooler, which gives us more space for merchandising and decreases food waste from spoilage, and we've continued toward the goal of more engagement with our Members and shoppers.

Our new produce cooler completes our plan for the fiscal year ending 2018 to have new fixtures throughout the center of the store (new dry grocery shelves, new dry produce fixtures) and we've begun to replace older, inefficient coolers with newer, less polluting ones.

Continuing our efforts to foster member engagement through surveys and in-person Member Forums, the Co-op will be soliciting feedback in the next few months through an online shopper survey. This survey will help us understand how the Co-op is serving our community and ways in which we can do better. We will be using the survey results to inform our plans for future store improvements and our expansion planning.

We look forward to hearing from you!

Board of Directors Comments



By John Craddock,
Vice President

The Board of Directors of the Syracuse Cooperative Market is pleased to welcome two new board members, Colleen Gibbons and Rich Strub. We are sure that Colleen's background as an attorney, and Rich's background in the restaurant industry will make them valuable additions to the board. We should also formally recognize Michael Jurbala who was appointed mid-year in 2017 to replace a vacated board seat; he stood for election in December and is now in a 3-year term. His experience in finance has already proven invaluable, and we welcome him as part of our executive committee as our new Treasurer, as well.

Speaking of Treasurers, we would be remiss not to recognize Larry Rutledge who stepped down as Treasurer and from the board at the end of December after an unprecedented 23 years on the board. We thank Larry for his dedicated service over the years and wish him well in his future endeavors.



Thanks Larry!



Employee of the Quarter

Stephanie Newkirk



Stephanie is a cashier at the Co-op, while also helping Reina hold down the produce department. She says, "My favorite part about working at the Co-op would have to be the people. The sense of community within the Co-op is so strong and I feel very fortunate to have had the opportunity to meet so many incredible individuals, coworkers and customers alike."

Stephanie enjoys listening to anything from black metal to Rihanna. In her spare time, you can find her at home being cozy with family and friends, or taking her son on wonderful outdoor adventures. When asked 'If you were a food, what food would you be?' she replied, "I definitely identify with burritos. Sometimes a little spicy, other times a sloppy mess. With so many flavor options, I'm almost always enjoyable." That's our Stephanie!

PICTURES!



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