

the Coop

something to chew on...

THE NEWSLETTER OF THE DIXON COOPERATIVE MARKET • ISSUE #64 NOVEMBER 2013 • WWW.DIXONMARKET.COM



by Susan P. Lewis

Gosh, where does one start in the volume of so many thanks to offer for all the people who make this place run on an ongoing basis.

We give thanks to all our Cashiers. Do you realize that all the people who stand behind that register Monday – Friday are volunteering their time? Many have done so for years. It's always such a wonderful feeling to be acknowledged. So if you're in the mood, the next time you're checking out at the register, tip your hat to that person standing behind the counter ringing you up.

Our Board of Directors are all volunteers. They meet on a monthly basis and give of their time all year long, making decisions for the betterment of the Market. Thank you all so much for your generosity and taking the time on our behalf to make this store a better place.

The New Sign – We'd like to thank Lynn E. Alden for painting the new sign on

the building with all her artistic and detailed expertise. It's beautiful. Have you noticed it? The next time you're at the Coop, take a moment to look up and admire all the work that it took to do that.

Stockers – Every week when that United Natural Foods truck rolls in, we have volunteers unload all those boxes and large bags of food and other items. Every single week. And then some folks take the time to stock our shelves. A huge thanks of gratitude goes out to every single one of you without whom our shelves would not be the same.

Recyclers – We do create a lot of empty boxes and some leftover newspapers that need to be taken to a recycling place. Thanks to those who take it upon themselves to help out in this respect. Every single aspect of running a business needs to be taken care of and we have so many wonderful people in the community who are lending a hand – including these folks!

Bulk Baggers – Do you notice that in

the bulk section there's pre-bagged bulk items that you can grab and go with? Well, who does all that bagging? Did you ever wonder? The Co-Op is pleased to have volunteers take care of that for you – to make life a little easier. Thank you to those who are taking the time to do that for us. We so appreciate it! ☺

Newsletter – Yes, the Newsletter is done on a volunteer basis.

And, of course, we give a bundle of thanks to our store Managers who ceaselessly take care of all our needs on a daily, monthly, and yearly basis – stocking the store with all our requests and keeping us well fed. Hand in hand with that goes gratitude out to all our farmers, food and personal care item providers, and artists who continue to contribute to our shelves throughout the year. We are grateful to have all this delicious produce fill our pantries and our homes and keep our bellies full of the finest vegetables; and thanks for the beautiful locally made soaps, greeting cards, beeswax candles, potholders, and on and on that embellish the Market. And deep appreciation to Kim, our weekend cashier, who fills that slot and keeps us laughing all the time. And thank you so much, Brandy, for keeping our store clean and the shelves well-stocked.

And a big, huge Thank You to all our members and those who walk through our door and keep this place

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running. You are our reason for being here.

We wish you a delightful, joyous Thanksgiving. And for remembering all who touch your heart. Blessings at this time of year! 🍁

TURKEYS ARE IN!!

Looking for a turkey to adorn your Thanksgiving dinner table? Well, Embudo Valley Organics has the best turkeys in town. In fact, they're the only organic turkeys in the entire state of New Mexico. And they're here at our very own Dixon Coop. So if you haven't already set aside your choice, there's a sign-up sheet at the Co-Op for the turkey you want based on weight. There's only 30 turkeys, so gobble one up while you can!

Got questions about the newsletter, or suggestions for articles? Contact the Newsletter Maven, Susan Lewis at susanp@dixonmarket.com

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The Co-Op is open
 Monday-Friday
 9am - 7:00pm
 Saturday and Sunday
 10am - 6:00pm
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GREEN CHILI BISON ROAST

by Sarah Nelson

1 bison roast
 1 32oz container mushroom broth
 carrots in 2-3" chunks
 onions cut into quarters
 potatoes cut into similar size as onions
 mushrooms (optional)
 Green Chili Sauce (I use 505 brand)

The night before: Brown the bison roast on all sides, put in crockpot and cover with mushroom broth. Cook on low overnight.

The day you serve: Remove the roast, add carrots, onions, potatoes and mushrooms. Place the roast back on top of the veggies and smother with green chili sauce. Cook on low all day.

This recipe is so fun to be creative with. The possibilities are endless. I recently fixed this for some others, there was a little bit left over so I shredded the left over meat (in large pieces), added a can of roasted tomatoes (Muir Glen since they are bpa free), corn, some cumin, red chili powder and red pepper flakes. My version of a stew and it too was a huge success.

**HOLIDAY PIES are coming....
 baked fresh at the Co-op!
 Stay tuned!**

**THE DIXON CO-OP WILL
 BE CLOSED ON THURSDAY,
 NOVEMBER 28TH**

FOR THANKSGIVING and reopen on Friday, the 29th, with its regular store hours. Have a good one, ya'll.

SHORBIT ADAS

SYRIAN LENTIL SOUP

by Adam Mackie

Syria has a rich and diverse culinary heritage, reflecting its diverse people and its location at the meeting of Europe and Asia; similar soups are common to the Jewish communities of the Middle East. A very easy soup; the garlic sauce is optional.

1 cup red lentils
 1 onion
 1/2 tsp ground cumin
 1/2 tsp ground coriander
 2 tbsps olive oil

Warm the olive oil and cook the chopped onion until soft. Stir in the spices and when they smell good add the lentils, and 5 cups of water or light vegetable stock. Simmer gently for one hour, stirring now and again. Put some, none, or all through a blender. Salt to taste.

Garlic sauce

Put four or five cloves of garlic in a blender. As it runs, slowly drip in 1/4 cup of olive oil. Add some red chile powder if you like. Diners add sauce to taste to their bowls of soup.

My favorite fall/winter soup is very simple... by Jean Nichols

A winter squash (I bake it whole in oven - butternut, acorn - whatever) cut open... scoop out seeds (if you are saving your seed you would cook it differently) chop a whole lot of fresh ginger (1-2 T at least, and if you want, some garlic too) and puree (blend) together with a can of lite coconut milk. If it's too thick, I then add some Rice Dream. Salt (or not) to taste.