

# Clear Creek Co-op Newsletter Fall 2007



## October **Fall calendar**

- 6 Farmer's Market, 7am
- 6-7 4th Street Fair
- 9 Farmer's Market, 4pm
- 16 Farmer's Market, 4pm
- 20 Fall Foliage Day at Hayes Arboretum, 1pm
- 22 Co-op member Kurt Ritchie presents on medicinal uses of Chinese herbs at the Co-op (*call for more info*)
- 23 Farmer's Market, 4pm
- 29 Kurt Ritchie presents "Healthy Cooking for Working People" at the Richmond Church of the Brethren, 7pm
- 30 Farmer's Market, 4pm

## November

- 11 Annual Member Meeting, 3-5pm

## December

- 1 Wayne County Gift Fair, New Reid Hospital, 1-4pm
- 8 Alternative Holiday Bazaar at the Co-op, all day

# Clear Creek

Food Cooperative

701 National Road West  
Richmond, IN 47374-4095  
765.983.1547

[www.clearcreekcoop.org](http://www.clearcreekcoop.org)  
[coop@clearcreekcoop.org](mailto:coop@clearcreekcoop.org)



**Kitchen Manager Constance Hancock**

Constance and Eileen complement each other splendidly in the kitchen! Constance brings excellent culinary skills and much experience in kitchen management and catering. Her outgoing spirit and creative, flexible style are put to good use in coordinating the Co-op's daily meal plan.

Eileen brings a familiarity with vegan and vegetarian cooking, as well as three years experience in this Co-op's meal plan program. Eileen puts careful thought and consideration into her creation of delicious and exciting sandwiches and wraps. We hope that the addition of a deli manager will allow for the expansion of the deli program, even developing an on-campus lunch/deli delivery program for Earlham faculty and staff.

Constance and Eileen are both enthusiastic about working in the kitchen as a team. They also look forward to collaborating on the Co-op kitchen's growing number of catering requests.

Also, welcome back to student cashiers Daniel Wentworth and Arthur Weiss, and to new student cashiers Jenny Larsen and Laura Gleason! We're excited to have everyone on the team!

## Welcome to new staff!

from co-Managers Jon & Janelle Flory Schrock

The Co-op is pleased to have two new faces in the kitchen: Constance Hancock is our new Kitchen Manager and Eileen Kinch is serving in the newly-created position of Assistant Kitchen Manager/Deli Manager.

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**Deli Manager Eileen Kinch**



## New mission statement!

from Board member Marie Cope Nicholson

After a very productive board retreat, which generated many new and exciting ideas about the way we do business at the Co-op, a subcommittee met to rewrite our mission statement to reflect the changes we discussed. The following is a draft of that new statement we intend to adopt:

Our mission is to provide healthy food and high quality products to our members and the local community. We make every effort to buy and offer locally grown and created products that are produced and packaged in an environmentally sustainable and socially responsible manner. In an effort to reduce wasteful packaging, we emphasize and facilitate bulk buying and ordering for our customers. Our governance and daily functioning depend on the voice and time of our volunteers and members. We provide educational opportunities for local farmers and artisans, the general public and all customers through our products and community participation.

This is a statement of our ideals, not the Co-op's reality. It will take all of our work to actualize this dream! We appreciate your comments! (Send to [board@clearcreekcoop.org](mailto:board@clearcreekcoop.org).) You will also have a chance to discuss and vote on the mission statement at the Annual Member Meeting on November 11.

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## Store Hours

Monday - Thursday

11 am - 8 pm

Friday

11 am - 6 pm

Saturday - Sunday

12 pm - 5 pm



# Bulk Buying

from Board Member Jen Ferrell

# Cleaning Green

We know the Co-op is a small place, and we can't stock everything that you may want....but chances are, we can order it!

One great feature of the Co-op is the **bulk ordering program**. As Co-op members, we have the catalogs that the Co-op orders from at our fingertips. You can order products at wholesale price + 25%.

Some of my favorite items to order have included unbleached baby diapers, natural baby shampoos and sunscreen, super concentrated soaps, extra virgin olive oil, specialty pastas and rice....I could go on. If you're looking for items that you can't find elsewhere in town, or if you're just looking for a good deal on something that you use often - try ordering.

Catalogs and order forms are displayed just to right of the front door when you come in. I like to get a snack and spread out at a table in the back to browse the catalogs. It might take a few minutes, but I always find something interesting or new. The Co-op staff is happy to answer questions or help with your order.

Aside from the main suppliers, the Co-op also has a produce supplier and a special coffee ordering system for your convenience.

**Stop on by and try it!**

## Ordering Schedule:

every Thursday  
*United Natural Foods*

every other Thursday  
*B & B Organics*

once a month *Frontier*

Check out all the in-store bulk options, too!



Turning to more natural cleaning methods around the house is a great place to make strides toward a greener life-style. Greener cleaning methods protect indoor air quality, are safer for our water systems and tend to be more economical than using conventional cleaning products.



There are many interesting green cleanser recipes in books and on the web. I've tried some of these with success, but I find it way easier to keep it simple with a few household products that most people keep on hand. That way, I have no excuses like a misplaced recipe or running out of an essential oil to keep me from cleaning when I have a spare moment. A little elbow grease goes a long way around the house. Add water, baking soda, white vinegar and a good dish soap and you're ready to clean.

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- **Baking soda** is gritty enough to loosen stubborn dirt. A little on a sponge will clean countertops, cabinets, sinks, toilet bowls and other surfaces. Sprinkle on your carpets and let sit before vacuuming to deodorize. Don't forget that box in the fridge to absorb any odors.
- **Vinegar** is great for cleaning windows and mopping floors. Mix 1/4 to 1/2 cup with a small bucket of warm water. Don't worry - the smell will dissipate quickly. Vinegar is also great for dissolving mineral build-up around faucets and drains if you have hard water. Run a solution of vinegar and water through your coffee pot for the same reason.
- When you do need a product such as **dish soap** or **laundry soap**, choose wisely. Try to buy products that are biodegradable, phosphate-free, chlorine-free & non-toxic. Concentrated formulas mean that you use less product for the desired effect and they use less packaging, too.
- Reduce paper use while cleaning by substituting **rags** for paper towels. I find that it's easy to keep enough rags on hand by cutting clothing that's no longer wearable (and not nice enough to donate) into useable squares.

Keeping it simple has been the best way for me to clean greener and stick with it for the long run. Along the way, I've found that many of those specialized products lining the supermarket's shelves are just not needed to keep a clean and fresh home.

Earlier this year, I took on the exciting challenge of serving as President of the Co-op's Board of Directors. Put simply, the Board oversees the management and direction of the Co-op. We're a group of volunteers who meet on a regular basis to discuss long-term planning, financial priorities, staffing and other issues important to the success of the Co-op.

It's an exciting time to be a part of the Board. At our recent retreat, we identified key ways in which the Co-op can more fully live out its mission to provide healthy food to our members and the wider community.

We also wrestled with some big questions about the Co-op's purpose and future. When it

comes to making an impact on how Richmond's food economy works, I can't think of a better way to spend my time.

**Board Update**  
from President Chris Hardie

As an organization that serves the larger community, we are always seeking volunteers and Board members to reflect the interests of our members and customers. Whether you are just learning about the Co-op or are a long time fan, please consider joining us to have a voice in how we operate, and help us in our planning to make the Co-op even better. For more information, inquire at the Co-op, or e-mail [board.president@clearcreekcoop.org](mailto:board.president@clearcreekcoop.org).





## THANK YOU FOR SUPPORTING CLEAR CREEK FOOD COOPERATIVE

Our mission is to provide healthy food at a reasonable cost to our members and to the wider community. We make every effort to offer food and products that are natural, whole organic, vegetarian, and environmentally friendly.

Responsibilities of members include: supporting the Co-op by doing business with it, providing needed capital, updating membership information in Co-op records, and bidding by policies and procedures properly adopted by the Co-op

Rights of members include: participating in membership meetings and elections, participating in the volunteer program of the Co-op, having access to Co-op records and financial information, communication opinions about the operation of the Co-op to the Board and management, and participating in any members benefits established by the management and Board.

### Why you should become a part of a member-owned store providing food for life, not for profit:

Shopping at the Co-op is open to everyone, but members receive additional benefits:

1. Have a voice in running the store (see "Rights of members" above)
2. Take advantage of ordering through our supplier at significant discounts
3. 2% off every in-store purchase
4. Monthly member-only sales
5. Earn up to 15% discount by volunteering
6. Take part in the Co-op Meal Plan at a reduced rate through volunteering
7. Birthday bonus discount of 5% off.

Membership costs only \$10/year for individuals, \$7/year for each additional adult in the household benefiting from membership or shopping at the Co-op, and \$5/year for seniors over the age of 62.

Feel free to contact us if you have any questions about  
Clear Creek Food Cooperative or membership  
765-983-1547  
[coop@clearcreekcoop.org](mailto:coop@clearcreekcoop.org)

I have read the above statements and wish to apply for membership at the Clear Creek Food Cooperative, agreeing to abide by the rights and responsibilities outlined

Signature \_\_\_\_\_ Date \_\_\_\_\_



## French Lentil Salad with Caramelized Balsamic Vinaigrette

One of my favorite recipes from the Co-op cookbook (also from *Vegetarian Planet* by Didi Emmons), this is a heartier salad that's perfect for fall and serves 4-6.

2 cups French or brown lentils (you can order French lentils through the co-op)  
5 cups water  
1/4 cup currants  
5 Tbsp Caramelized Balsamic Vinaigrette (recipe follows)  
1 large ripe tomato, diced  
2 Tbsp shallots, minced  
1/4 cup chopped walnuts, lightly toasted  
1/2 tsp salt  
Black pepper, to taste

Put the lentils in a saucepan, and cover with the water. Bring the water to a boil, and turn down the heat. Simmer the lentils for 20 minutes, uncovered, adding more water if necessary. When the lentils are tender but slightly chewy, add the currants and simmer 2 minutes more.

Drain well and transfer to a bowl. While the mixture is still hot, add the vinaigrette. Stir well.

Add the next 5 ingredients. Stir well. Serve the salad warm, or chilled. Sprinkle with the basil leaves just before serving. This salad will keep for three days, covered, in the refrigerator.

## Caramelized Balsamic Vinaigrette

1 cup sugar  
6 Tbsp water  
5 Tbsp balsamic vinegar  
1 cup olive oil  
3 garlic cloves, minced  
1 tsp salt  
Fresh - ground black pepper



Combine the sugar and 4 Tbsp water in a heavy 2 qt. saucepan. Bring the mixture to a boil, and continue to boil it until it turns a light golden color. Once it turns this color, immediately take the pan off the heat. While beating with a whisk, slowly pour in the balsamic vinegar, keeping your body and face as far from the pot as possible in case the caramel should sputter. If you see little sugar balls in the syrup, some of the sugar has crystallized; if this happens, put the pan back on the heat, and stir until the sugar balls dissolve (and remove any that don't dissolve).

Off the heat, whisking constantly, slowly add the olive oil, in a stream the width of a pencil. Then whisk in the remaining 2 Tbsp water. Add the garlic, salt & pepper, to taste.

The vinaigrette is now ready to use. If you need to store it, chill it in a covered container until you need it, then heat it slowly in a pan over low heat until it thins. It will keep in the refrigerator at least two weeks.

*I know this seems like a process, but it makes a lot and it is GOOD! The recipe also recommends serving it with soft cheese and crackers or with apple and pear slices. From Jen Ferrell*

Want to join the Clear Creek Co-op? Sign and return this (two-sided) membership form:

# Clear Creek Food Cooperative

701 National Road West  
Richmond, IN 47374-4095  
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## Membership Form

Name \_\_\_\_\_ Date \_\_\_\_\_  
Membership type: \_\_\_ Individual \_\_\_ Family \_\_\_ Organization  
Family/Group name \_\_\_\_\_

Names of any additional members of this family or organization:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Mailing address \_\_\_\_\_ or EC Box \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Email address \_\_\_\_\_

\_\_\_\_ Please **DO NOT** put me on the Co-op email list (receive weekly updates on specials, Co-op news, and more).

- \_\_\_ EC/BTS/ECR student
- \_\_\_ Staff/faculty
- \_\_\_ Graduation year
  
- \_\_\_ General membership
- \_\_\_ Meal plan membership

Office use only:

Amount paid \_\_\_\_\_  
Membership dates \_\_\_\_\_  
Staff/volunteer \_\_\_\_\_

