

Clear Creek Food Co-op



Upcoming Events

- March 9, 12pm
Buy Local Committee Meeting
Joe's Pizza
- March 12, 9-12pm
Winter Market
Innovation Center
- March 15, 6pm
Gluten Free Baking
Clear Creek Co-op
- March 20, 6pm
100 Mile Radius Potluck
- March 26, 9-12pm
Winter Market
Innovation Center
- March 26, 3-5pm
Green Cleaning Class
Clear Creek Co-op

More info on buying local:

www.sustainabletable.org
www.localharvest.org
www.foodroutes.org

A Good Read

Animal, Vegetable, Miracle
by Barbara Kingsolver

Class Review

If you missed Jen Ferrell's first class on "Cooking with Quinoa" be sure to check out the upcoming classes, the next one being "Gluten Free Baking." In the quinoa class we learned how to make several dishes, from Quinoa Zucchini burgers, to Quinoa salad appetizers on Endive lettuce wraps. We learned good techniques for cooking quinoa, how to get that nice, fluffy texture, and ways to complement the absorbent, soft grain with flavors and sauces!

Winter Market Off to a Great Start!



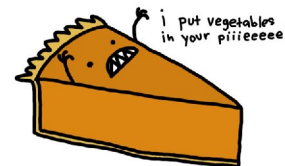
If you haven't stopped by the Richmond Winter Farmers Market, make sure to come next time! So far, we've had a great turn out, with vendors selling a wide array of products including: fresh baked breads, cookies and cupcakes, homemade soap, handcrafted lawn ornaments and bird feeders, granola and granola bars, various produce, kombucha, krauts, dried beans, cornmeal, popcorn, homemade noodles, gift baskets, earrings, herbal teas and more!

Top 5 Reasons to Shop at Your Local Farmers Market:

1. **To support the local economy.** Buying local keeps your dollars circulating in your community.
2. **To protect the environment.** Food travels an average of 1,500-2,500 from farm to table. Buying local will reduce carbon dioxide emissions & packaging used to ship food from such distant places.
3. **Safer foods.** Many large food industries use additives, hormones, antibiotics, pesticides, and several other harmful chemicals in the processing of food.
4. **Local produce is better for you.** Locally grown food, purchased soon after harvest, retains its nutrients. Many times, produce is picked before ripened and left to sit on a truck or supermarket shelves for days, causing it to lose vital nutrients.
5. **Locally grown tastes better.** Produce at farmers markets is picked at the peak of ripeness, offering better flavor and more nutrients.

Recipe of the Month

Vegan Butternut Squash Pie



Ingredients

Crust

- 1 1/2 cup whole wheat pastry flour
- 1/2 tsp salt
- 2 tbsp sugar
- 1/2 cup oil
- 2 tbsp almond or soymilk

Filling

- 2 cup cooked butternut squash
- 1/2 pkg firm or extra firm tofu
- 1/2 cup sugar
- 1/2- 1 cup soymilk (regular or vanilla for flavor)
- 1/2 tsp vanilla
- 1 tsp cinnamon
- 1/2 tsp each allspice and nutmeg

Directions: 1) Preheat oven to 350 degrees. 2) Mix flour, salt and sugar for crust. 3) Add oil and milk of choice to dry mix. 4) Roll with rolling pin to flatten or simply press with fingers onto bottom and up sides of 9" pie pan. Refrigerate while preparing batter. 5) Blend all ingredients in a food processor for filling. 6) Pour filling into pie crust. 7) Bake for 1 hour to 1 hour 45 mins. Depending on oven. Allow to cool a bit and enjoy!

This is a delicious winter recipe that is sure to please everyone, even your vegan friend or family member! I have already made this on more than one occasion with good results. Try adding a dollop of vegan whipped cream or a scoop of Rice Dream for an extra flair.

Spring Toddler Time is Coming Soon! Sessions will take place on Wednesdays at 10:30am at the Co-op: April 20, 27 & May 4 & 11. Sign up today, as class space is limited!