



The Swarthmore Co-op NEWSLETTER

July-August, 2010

Serving the Community Since 1937

Summer Foods, Summer Fun!



June signals the start of summer, and when July and August come around, we know that are in the midst of a (let's hope) more relaxing summer season. Most of us spend a majority of our time outdoors, especially cooking. Grilling season! For July and August we will be focusing on getting the most out of your outdoor eating and cooking experiences with your family and friends. Good summer foods mean great summer fun!

Sizzlin' Side Dishes

How many times have you found yourself running in and out of the house trying to prep your dinner or party side dishes while make sure that your meats on the grill don't burn? Before you know it, you've charbroiled your 15-dollar steaks and you're too tired to enjoy your outdoor feast.



The solution? Grill your side dishes so that everything is in one location. Here are a couple of tips and ideas for some everyday sides that will complement your main dishes.

Starches: Potatoes make an easy and savory side for your grilled meat. Keep in mind that you will need to start your potatoes over indirect heat sooner than the meat and veggies, approx. 30 minutes earlier. You can cut the potatoes into slices for quicker cooking or quarters for a heartier side. You will want to use 2-3 layers of foil to protect your side dish, then season with onions, fresh herbs, and a dab of butter for each packet, and then seal the edges. This creates a mini Dutch oven that will keep the potatoes moist and saturated with flavor. For a richer version, try tossing your sliced or wedged potatoes with a combination of mayo and cheese before placing them in the foil.

Tips for Keeping Your Cheese Cool in the Heat
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Everyday Farmer's Market

Local, fresh produce is everywhere at the Co-op. Here's a list of what you can enjoy from our farmers:

July:

Broccoli, cabbage, summer squash, sweet corn, tomatoes, watermelon, lettuce, red and white potatoes



August:

Peaches, pears, plums, cherries, sweet corn, tomatoes, potatoes, summer squash, cantaloupe,

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Another simple starch you can grill is bread! Rather than toasting your bread in the oven where it is likely to burn unattended, place your buttered or oiled slices of bread on the top rack of your grill where you can keep a close eye on them. Rolls will also crisp up beautifully on the grill.

Vegetables: Some vegetables are easier to grill than others. Local green and yellow summer squash are bountiful this time of year, and they are great veggies to grill. The key to grilling squash is to cut them thick (1/2 inch) and lengthwise. Place your squash directly on the grill grate, drizzle with extra virgin olive oil, salt and pepper, and fresh (local!) flat leaf parsley, and grill each side for approx. 5 minutes. For a great twist on your favorite gazpacho recipe, use grilled zucchini and yellow squash. It will give it a lovely smoked, earthy flavor.

Foil can also be used for zucchini, broccoli, and grilled tomatoes. Skewers are another great way to go. For even cooking, place your veggies on one skewer and your meats on another. Peppers, onions, tomatoes, and button mushrooms are all great choices for skewers. Be sure to soak the wooden skewers ahead of time to prevent burning and do your best to pierce your veggie pieces as close to the center as possible. Season with a vegetable marinade, or simple olive oil and salt and pepper.

Dessert: Grilled fruit topped with whipped cream or ice cream is a light and refreshing way to end your outdoor meal. You can grill almost any fruit that you would want to serve hot. Hard fruits are the easiest, like apples, pears, and pineapple. Stone fruits like peaches, plums, and apricots are a little trickier as they can fall apart if overcooked. Just stay attentive. You can slice or halve your fruits and core them if they contain seeds. With citrus fruits, make sure that the flesh will be exposed to heat. It's best to keep the skins intact as this will *cont'd pg. 5*

What Local Produce Can Do For Your Health



Fresh, local produce doesn't just taste good, it is good for you! Fresh fruits and vegetables are packed with nutrients, minerals, and vitamins that your body needs. Popping pills might be faster, but I guarantee that strawberries taste so much better when you need vitamin C.

Fiber: Fiber helps with digestion, decreases the risk of coronary artery disease, aids in weight loss, and simply keeps you fuller for longer. Vegetables high in fiber include beans (navy, kidney, pinto, lima), lentils, and artichokes.

Folate: For expectant moms or women who want to become pregnant, folate is a must! Folate reduces the risk of brain and spinal defects in children. Vegetables high in folate: black-eyed peas, cooked spinach, Great Northern beans, and asparagus

Potassium: People struggling with high blood pressure or with a family history of high blood pressure need to focus on potassium. Good fruit and vegetable sources of potassium include: sweet potatoes, tomato paste and puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice and prune juice.

Vitamin A: Vitamin A keeps eyes and skin healthy and helps to protect against infections. Vitamin A fruits and veggies: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, and Chinese cabbage

Vitamin C: If you are accident-prone or naturally slow to heal, Vitamin C is great for helping the body heal cuts and wounds, and it also keeps gums and teeth healthy. Fruits and veggie sources: red and green peppers, kiwis, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, and cauliflower. *cont'd pg. 5*

Featured Products For Summer!

The Co-op has a wide variety of excellent products for your grilling season. Whether it's just a night with your family or a block party, you can count on us for meats, sauces, sides, and fuel!



Burgers, burgers, and more burgers! If you thought the Co-op carried only “run of the mill beef patties,” guess again! We carry some of the most exotic burger patties you will see anywhere in the Delaware Valley. We have fresh-made Co-op beef patties and lamb patties available in our meat case as well as a whole freezer full of grass-fed beef patties, buffalo patties, ostrich patties, Co-op beef patties, and turkey patties. And if you can't find what you are looking for, let us know and we can get it for you.

Fresh Corn—There is nothing better than fresh, local corn on the grill. We have mounds of field-fresh Jersey corn for you at the Co-op. **6 ears for \$3.00!** Enjoy local corn all season long. Stop by and pick up a dozen for your next family dinner!



Humphrey All Natural Charcoal—Humphrey Charcoal is a locally made, clean-burning fuel carried at the Co-op.

Our BBQ guru, Hillard Pouncy, swears by Humphrey Charcoal, so we thought we should give it a try, and our customers have been loving it! Try some today for your next grilling event.

Marinades/Sauces—Wading through the sea of marinades and sauces for grilling can be very overwhelming, so let's cut to the chase: Marinade Bay and Nature's Rancher are fantastic all-natural marinades and cooking sauces for everything from seafood to ribs. They have a wide variety of flavors that will complement just about anything you plan to grill. And did you know that these sauces are made locally in South Jersey? Another plus for these products is the size of the bottles: only 8 oz., which means that you can try out a new flavor without worrying about having to marinate your next 50 steaks with it. Small lends itself to freshness and variety. Build up your marinade collection with some Marinade Bay and Nature's Rancher today.

Watermelon Gazpacho

Marc BrownGold, Chef & Fresh Foods Manager

Have you seen the beautiful watermelons at the Co-op? Check out this recipe for those hot days you know we'll have this summer.

Ingredients

- 2 C. 1/4-inch-diced and seeded watermelon
- 2 C. orange juice
- 2 TBSP. extra-virgin olive oil
- 1 seedless cucumber, cut into 1/4-inch dice
- 1 small yellow bell pepper, seeded and cut into 1/4-inch dice
- 1 small onion, cut into 1/4-inch dice
- 2 medium garlic cloves, minced
- 1 small jalapeno pepper, seeded and minced (optional)

- 3 TBSP. fresh lime juice
- 2 TBSP. chopped fresh parsley, basil, or cilantro
- Salt and freshly ground black pepper

Directions: Process 1/2 C. of watermelon, along with the orange juice and oil, in a blender or food processor until pureed. Transfer to a medium bowl, along with remaining ingredients. Season with salt and pepper to taste. Refrigerate until ready to serve. (Can be made several hours before serving.)

UPCOMING EVENTS

Food for Thought: Healthy Bites—Understanding the Source of Your Food –July 17th, 11:00 a.m. at Red Hill Farm, 609 Convent Road, Aston

Tour Red Hill Farm and learn about community-supported agriculture (CSA) and sustainable farming and enjoy a panel discussion and live cooking demo with Katie Cavuto Boyle, MS, RD and our very own Marc BrownGold.

For more information and to register, please visit: <http://tuftsalumni.org/events>

6th Annual Good Food, Good Beer Event —New Market, 2nd & Lombard, in Historic Philadelphia, July 17, 2010 – 6 p.m. to 9 p.m. The three musketeers, Marc, Gerry, and Hillard Pouncy, will be participating in this event, sponsored by Farm to City as a fundraiser for Slow Food. Stop by for fantastic local beverages and food and watch our motley crew at work!

Best of the Main Line and Western Suburbs Event— July 29th—The Co-op has been awarded 2010 Best of the Main Line and we want you to come and celebrate with us! Enjoy tastings and product samples from all the participating winners and make sure you stop by our booth too!

BBQ & Slow Food Dinner—July 31st—Save the date. We will have more information to come but be sure to mark your calendars for this whole-day, whole-town event!

Join our email list for event info:
www.swarthmore.coop

Winners of Father's Day Portrait Contest

The Swarthmorean sponsored a drawing contest for children ages 5-10, where these young, aspiring artists could express their love for their dads by creating a portrait. The winner of each age group was given a gift certificate for his or her dad, a free novelty ice cream, and exhibition space at the Swarthmore Co-op. Congratulations to all our winners and thanks to all the kids that participated!



Luke, age 5



Hope, age 6



Haley, age 7



Cyndi, age 8



Ella, age 9



Miranda, age 10

Ask The Co-op

Will the Co-op be grilling every Saturday this summer?

Co-op shoppers can be assured that we will be grilling ALL SUMMER LONG on Saturdays from 11:30 – 2:00 p.m. We'll be cooking up your favorite burgers and dogs until mid-September, so be sure to stop by on Saturdays to enjoy a hot, grilled lunch from yours truly.

Where and how does the Co-op buy its local, seasonal produce?

Great question! Throughout the years, we have developed relationships and a network with local farmers and produce buyers in order to bring to your table the freshest produce available in the Delaware Valley. Our local produce comes in on a daily basis, hand-picked by people we trust. Visit our "Buy Local" tab on our website for a list of all the local farmers we work with.

Cheese Department News

New Product: Artisan Dail Saulumi. Locally made in Elkton, Maryland, at the Fair Hill Inn, Artisan Dail Saulumi contains organically raised pork from Whimsical Farms in Newark, Delaware, a mere five miles from the restaurant location! All meat is hand-ground and each saulumis is handcrafted and 100% hand-made. A truly exquisite product! ***This product will be available in late August.***

Tips for Storing Cheese This Summer

Don't let the heat beat your cheese craving! Follow these simple rules to keep your cheese purchases fresh this summer.

- Typically, harder cheeses will stay fresh longer. If you are traveling a distance and do not have a cooler at your disposal, choose harder cheeses that are unlikely to spoil in the heat. Aged Cheddars and Goudas, Parmigiano Reggiano, Locatelli, Pecorino Romano, or Gruyères would make a long trip well.
- When purchasing young, fresh cheeses or soft cheeses, keep them as cool as possible. A quick car ride home is nothing to fear, but if you know you have several stops to make before home, package the cheese with cooler items like milk or frozen products. If making a longer trip, simply bring a soft lunch cooler with you to the store to keep your purchases from spoiling.
- Resist the temptation to freeze cheese. It will completely destroy the flavor. The best way to keep your purchase fresh is by storing it in the vegetable compartment of your refrigerator. Rewrap your cheese after

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help the fruit to stay in one piece as it cooks.

Soak the fruit in water and lemon juice for 20-30 minutes before cooking to ensure optimal moisture while grilling. You can also add your own spices during this time to enhance the flavor (i.e., cinnamon, cloves, nutmeg, allspice). Cook your fruit on a clean grate and on medium heat. Make sure you have used an unflavored oil or cooking spray on the grate so that the fruit doesn't stick.

For a richer dessert, glaze with flavored/spiced butter or marinate with your favorite spices and alcohol. Due to the flammability of alcohol, just be careful when you put your fruit on the grill as it may flare up a bit.

Cooking time is quick, only a minute or two on each side depending on the fruit. Serve while hot with homemade whipped cream or your favorite ice cream. *Bon appétit!*

- *Amelia Furman, Marketing Director and grilling enthusiast*

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If this is all just a bit too much brain work for you, just remember to vary your color of fruits and veggies to get a good variety of nutrients from the bounty of nature.

- *Amelia Furman, Director of Marketing, source: www.fruitsandveggiesmatter.gov*

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using in a fresh piece of plastic wrap, or ideally, a piece of wax paper. This will allow the cheese to "breathe" and develop without suffocating it.

- Surface mold is nothing to fear either, I promise! Scrape it off with a knife, or wash harder cheeses in a vinegar and water solution if you're skeptical. Mold throughout a cheese is another story though, especially in soft and fresh cheeses.
- When serving cheese, cut only as much as you think you'll need. You can always go back and refresh the plate! Steve Jenkins recommends 3.5 oz. per person as a hearty serving. You can adjust this recommendation to the needs and specific details of your event.

And, as always, don't be afraid to ask questions!

- *Amanda Bernhardt, Co-op Cheese Merchandiser*

Co-op Receives 2010 Best of the Mainline Award



Word is getting around that we are the place to go for local food. We've been awarded **Best of Main Line and Western Suburbs** for the quality and amount of local foods we have available for our customers.

Locavore's Heaven on Earth: The Swarthmore Co-op

"The perfect place for eco-activists and local foodies alike, this green-as-it-comes grocer hosts gardening workshops, tree drives and plant sales as it peddles a range of organic locally grown fair trade foods. The full service market including an old fashioned butcher shop that's well stocked with grass fed and smoked meats plus homemade sausages. You'll also find a boatload of sushi offerings."

Contributing to the Co-op Newsletter

Do you love to write?
How about taking pictures?
Maybe you just LOVE the Co-op!

We are asking our Co-op members and shoppers to submit their writings and pictures for upcoming newsletters.

If you would like to do that or need more information, please call the store or email us.

Which Wines Go Best With Grilled Foods?

Beer is the go-to backyard beverage when the barbecue gets fired up, but wine is a match for anything that bears grill marks. Oaky wines have flavors that mingle nicely with the smoky notes that grilling imparts, while fruity wines—with acidity to match—are delicious matched to the sweet caramelization of vegetables, fruits, and meats. A nice cold glass of sauvignon blanc glinting in the late-afternoon summer sun as chicken sizzles on the grill: Is there anything finer?

Cedar-Plank Salmon is rich in healthy fat, so it needs an equally rich wine. The fish oil coats your mouth, so it works like a charm with buttery chardonnay. Avoid over-oaked bottles.

Burgers are not steak, so resist the temptation to reach for a colossal, in-your-face California cabernet or Left Bank Bordeaux that overwhelms or overcomplicates. Instead, a bright and juicy red complements the burger's beefiness, as well as any veggies that are likely part of the equation.

Barbecued Chicken Breasts take on a nice char as they cook on the grill—especially bone-in chicken, which takes longer to cook. Since that char leaves the palate feeling dry, reach for light, crisp white to counterbalance.

Grilled Pork Chops should be juicy especially if they are brined before cooking. This meat can stand up to red wine of some substance and tannin.

Provided by Cooking Light Magazine, July 2010, written by Gary Vaynerchuk



Pizza on the Grill I

A family favorite made summer-friendly!

Ingredients:

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water
- 1 pinch white sugar
- 2 teaspoons kosher salt
- 1 tablespoon olive oil
- 3 1/3 cups all-purpose flour
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh basil
- 1/2 cup olive oil
- 1 teaspoon minced garlic
- 1/4 cup tomato sauce
- 1 cup chopped tomatoes
- 1/4 cup sliced black olives
- 1/4 cup roasted red peppers
- 2 cups shredded mozzarella cheese
- 4 tablespoons chopped fresh basil

Directions

1. In a bowl, dissolve yeast in warm water, and mix in sugar. Proof for ten minutes, or until frothy. Mix in the salt, olive oil, and flour until dough pulls away from the sides of the bowl. On a lightly floured surface, knead until smooth, about 8 mins. Place dough in a well oiled bowl, and cover with a damp cloth. Set aside to rise until doubled, about 1 hr. Punch down, and knead in garlic and basil. Set aside to rise for 1 more hr, or until doubled again.

2. Preheat grill for high heat. Heat olive oil with garlic for 30 seconds in the microwave. Set aside. Punch down dough, and divide in half. Form each half into an oblong shape 3/8 to 1/2 inch thick.

3. Brush grill grate with garlic flavored olive oil. Carefully place one piece of dough on hot grill. When the bottom crust has lightly browned, turn the dough over using two spatulas. Brush oil over crust, and then brush with 2 tbsp. tomato sauce. Arrange 1/2 C. chopped tomatoes, 1/8 C. sliced black olives, and 1/8 C. roasted red peppers over crust. Sprinkle with 1 C. cheese and 2 tbsp. basil. Close the lid, and cook until the cheese melts. Remove from grill, and set aside to cool for a few minutes while you prepare the second pizza. • *Provided by Allrecipes.com*