

Scott Pierson, Assistant Manager, Picks A Recipe For You From Co+op Stronger Together

Buckwheat-Almond Stuffed Cabbage Rolls by Robin Asbell

The nutty, earthy flavor of buckwheat and almonds makes a perfect filling for these vegetarian cabbage rolls, drenched in tangy tomato sauce.

The blanching method for removing the cabbage leaves may seem odd at first, but trust me, I learned it from a Polish grandmother who made many cabbage rolls. By blanching the leaves while still on the head, you eliminate the challenge of trying to remove the raw leaves without ripping them. Instead they slip off easily and are tender and easy to roll.

Ingredients:

- 12 whole cabbage leaves (1 large cabbage)
- 2 tablespoons extra virgin olive oil, divided
- 2 stalks celery
- 1 large onion, chopped
- 2 medium carrots, chopped
- 1 cup buckwheat groats
- 1 teaspoon thyme
- 1 tablespoon basil
- 1 teaspoon paprika
- 1 1/2 teaspoons salt, divided
- 4 ounces chevre, optional
- 1/2 cup whole almonds, toasted and coarsely chopped

Sauce

- 3 cloves garlic
- 1 28-ounce can tomato puree
- 1 tablespoon brown sugar
- 1 teaspoon fresh lemon juice

Preparation

1. Lightly oil a 9×13-inch baking pan. Preheat the oven to 400°F.
2. Fill a pot large enough to hold the head of cabbage with as much water as you can while leaving enough room to add the cabbage, and bring the water to a boil. While the water heats, use a paring knife to trim the base of the cabbage just enough so that the leaves are no longer attached to the core. Once the water is boiling, add a generous teaspoon salt, and carefully place the trimmed head of cabbage into the water. Turn the heat down to a simmer, and cook for about three minute, while gently rolling the head of cabbage from side to side using a wooden spoon or spatula. Use a skimmer, a large strainer with a heat-

proof handle or sturdy tongs to remove the cabbage from the pot, and transfer to a large bowl or colander to drain, cut-side down. Place drained cabbage on a cutting board, and carefully remove as many whole leaves as will come away easily from the head. If necessary, return the cabbage head to the water and repeat the process until you have 12 leaves. Drain and reserve the remaining cabbage for another use.

3. Trim the thick stems out of the cabbage leaves, and let dry.
4. For the filling, put a 2-quart pot on medium heat and add 1 tablespoon of olive oil, then add the celery, onion, and carrots. Sauté, stirring, for about five minutes, until the onion is golden. Add the buckwheat to the pan and stir until the buckwheat is hot, about 2 minutes. Add 1 1/2 cups water, thyme, basil, paprika and 1 teaspoon salt, and bring to a boil over high heat. Cover the pot and lower the heat to low. Cook, covered, for 20-25 minutes, until the water is absorbed. Take off the heat and stir in the chevre (if using) and almonds.
5. For the sauce, heat the remaining olive oil in a large pot and sauté the garlic. Stir for a minute, then add the tomato puree, brown sugar and lemon juice, and remaining half teaspoon salt. Bring to a boil, then reduce to a simmer until thickened slightly, about 5 minutes.
6. Place about 1/3 cup of the buckwheat filling in the center of each leaf, then fold both sides in and roll it up (like a burrito), tuck into the oiled pan. When all the rolls are in the pan, ladle the sauce over the rolls, to cover completely. Cover pan with foil.



7. Bake for 30 minutes, until bubbly. Let cool on a rack for five minutes before serving.

Serving Suggestions

These hearty rolls are delicious with a side of borscht or a creamy potato soup, and a crisp green salad.

See more at: <http://strongertogether.coop/recipes/buckwheat-amond-stuffed-cabbage-rolls/#sthash.jjnZbdyy.dpuf>

It's All About You!

By Don DeVeau, Editor

You may ask as a member, “What did I sign up for?” Well this The New Leaf Newsletter is all about what you did sign up for. You signed up for a great shopping experience that you are part of as an owner. As a member, you now aspire to the 7 Co-op principles that are sprinkled throughout this newsletter. These are important enough to be mentioned in the “5 Fab Facts”, “Importance of Quorum”, by your GM and the “We Are Better Together” by your Co-President articles. Receiving the New Leaf Newsletter is also a membership perk. Being a Co-op member gives you an automatic head start on being a Locavore when you shop at the store because of the high percentage of local foods offered.

You signed up to vote for and elect your fellow members to the Co-op Board of Directors and therefore represent your Co-op interests, to attend the Annual Meeting for purposes mentioned by Jeremy and Meagan and to participate in Co-op events and projects as you see fit and your time allows.

Please read through the articles in this newsletter and get a sense of the participation for which you signed up. It can be a fun and rewarding experience. We all have a lot on our plates in this busy world but save a small portion of your plate for your own Syracuse Real Food Co-op because you partly do, OWN it. You'll be glad you did!



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Board of Directors Commentary

We really are better together: Your board announces member forums

By Meagan Weatherby, Co-President

In the upcoming months, the Board of Directors of the Syracuse Real Food Co-operative will be extending a special invitation to all of our member-owners. In addition to the **Annual Membership Meeting**, happening on Monday, November 2, we will host two **Member Forums**. The dates for those forums will be broadcast very soon -- watch for notices by email, in the store, and at the annual meeting. But if you're wondering what these forums are all about, here is a glimpse into the agenda we have planned and the reasons we're so eager to bring our membership together.

Why Member Forums?

Our board works earnestly, month after month, to govern SRFC in ways that are prudent, fair, and visionary. We are charged with monitoring and shaping the success and sustainability of our organization, and we are responsible for performing that office from a perspective that is firmly grounded in the collective interests of our fellow member-owners. Rising to this charge requires two essential ingredients. One, we have in plenty: a talented and committed management that supplies thorough and relevant data to inform our decisions. The second is a dynamic and honest conversation within and between the membership of our co-op.

Through membership meetings, open-door policies at board meetings, board recruitment, and other communications channels, we always strive to foster dialog between the board, staff, and all other members. However, between an expanding and evolving membership, a volunteer-powered board with finite bandwidth, and the routine necessities and realities of governance, we often find ourselves falling short of our own aspirations when it comes to meaningful member engagement.

Member forums are an opportunity for all of us to build bridges and live the cooperative motto, **"stronger together."** By scheduling these forums in the month or two following our annual meeting, we are creating a space to have a deeper and richer conversation than the annual meeting alone can accommodate. We can enhance the agenda for our forums based on input gathered at the annual meeting. And by having forums on two different dates, we hope to optimize the number of members who are available to participate.

What's the Agenda?

Our cooperative has been pedaling extra hard, extra fast, to shore up our financial strength and do a better job of serving our members and our communities. We are determined to build a more sustainable business, and to attain enough scale to provide a truly excellent cooperative market to the community that has long supported us. The board is so very proud of the results our manager and staff produced in the fiscal year ending June 30, 2015 -- a groundbreaking year in terms of new equity, and one of our best bottom-line years to date -- but we know that building on this success will take creativity, hard work and tenacity.

As we gear up for the road ahead, we need the members we serve to help us scout; we need your vision to not only clarify where we are today but where we are going, and why. And so, the agenda we have planned so far involves a roundtable discussion around these three topics:

1 - Why our co-op? What motivates love and loyalty and enthusiasm around protecting and nourishing the Syracuse Real Food

Cooperative? What pieces of our history and identity do we hold most dear?

2 - Vision for our collective future. There has been a lot of talk in recent years about expansion, but just as important, we need to talk about sustaining our current store and growing in place. What are the goals and priorities of our membership today?

3 - Frameworks for success. What changes can we put into place that will bring us closer to long term sustainability? SRFC's management will share some data and ideas that can help us move toward our desired future more proactively, including alternatives to the current Member Discount structure, and will seek feedback on those ideas from our members.

Be there!

We have a fascinating journey in store for the years to come, and the board and staff are up for the challenge. But we can't do it without YOU. We look forward to seeing you at the Annual Meeting on November 2, and then rolling up our sleeves together at a Member Forum! Please join us.



Our family of small farms raise heritage breed hogs on sustainably managed pastures with non-GMO feeds in the Finger Lakes. We handcraft small batch goods in our farm's butcher shop like:

- *Nitrate free Deli Meats
- * Fresh sausages
- * Nitrate free hot dogs
- * Fresh cuts like pork chops, ribs and more

www.ThePiggery.net

Co-Op Member Mailbox

Testimonial By Colin Aberdeen,
Co-op Member

"Love the Co-op! They save the Sunday Times for me and have yummy Beer."

Editor's note: Colin is a singer, songwriter, guitarist and is active with local musical groups which include Los Blancos. You can see him here sporting his Syracuse Real Food Co-op shirt for all to see. Thanks Colin!



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Weeding isn't fun



Hedge Up Lawn Care crew brings Co-op stone for the new path



Co-President Meagan Weatherby at work

