

# *Terre Foods Co-op Update*

Feb. 08, Issue #1

This update will be fairly short (especially considering how long the last one was). We are all hard at work on various projects, many of which will deserve their own emails, so look forward to those soon! If you have signed up for a committee but have not been contacted by us yet, please let me know—there could be an email problem that needs to be addressed.

But I couldn't let February end without sending out some of our latest news:

- **VIDEO OF JANUARY COMMUNITY MEETING NOW AVAILABLE FOR VIEWING (if you hurry)!** Thanks to George Hoppes, who did the video and editing for us, as well as securing a website for us to provide the video in streaming format. To view the video, please go to:
  - <http://www.stage6.com/user/MrHoppes/video/2218615/Co-Op-Meeting>
    - We just found out that the site currently hosting this video will be closing in TWO DAYS (yeah, thanks for all the warning!). If you want to watch this video, or download it, please do it NOW
    - NOTE: if you do not have a high speed connection and would like to see the video, send me an email and I will create a CD of the meeting for you.
- **We've got a lawyer** And thank heavens for that. We are still negotiating various terms, so I will not be too specific here, but suffice it to say that finding a co-op savvy lawyer has been a serious difficulty for our Steering Committee, and hopefully we will now be able to proceed with the incorporation process.
- **Our Update list is now over 200 members!** This is great news for our startup efforts—it shows that there really is a market for... um... our market. As usual, please feel free to forward this update to anyone you think would be interested in our efforts.

## **Local news...**

Did you know that there are now two Community Supported Agriculture (CSA) services to choose from in Terre Haute? A CSA is a program whereby you pay upfront for a share in a local farm, and then throughout the growing season you are provided with weekly boxes of fresh produce from that farm. Typically, the amount of produce you receive outstrips the amount you initially paid. CSAs also provide a stable income for local farmers, who can plan their finances more effectively based on a known income. It's a great way to enjoy the bounty of local farms! For more information on each program (including logistical details, costs, timeframes, etc.), please visit their websites:

- Good Life Farms CSA: [www.goodlifefarms.com](http://www.goodlifefarms.com), email [darin@goodlifefarms.com](mailto:darin@goodlifefarms.com), or call 317-716-8056
- Healthy Hoosiers CSA: <http://healthyhoosierscsa.com/>

## Care for another recipe?

I made this soup this week, and found it both easy and delicious—two of my favorite features in any dish. Another great way to use up those potatoes (and carrots) down in the cellar!

*French Potage with Pistou* (“French vegetable soup with pesto”, recipe from *Vegetarian Times*)

2 Tbs. butter

2 medium leeks, white and pale green parts chopped (4 cups) [NB: I couldn’t find leeks, so I used a combination of 2 medium onions with about 3-4 shallots—definitely not a leek, but it worked fairly well]

½ cup dry white wine

4 cloves garlic, minced (~4 tsp.)

1 large russet potato, peeled and diced (~2 cups)

4 medium carrots, chopped (~3 cups)

4 sprigs fresh thyme, or 1 tsp. dried thyme

1 bay leaf

4 cups vegetable broth

2-4 Tbsp. pesto (homemade or storebought), optional

1. Melt butter in large stockpot or dutch oven over medium heat. Add leeks and a pinch of salt. Cover and cook 5-7 minutes, until leeks are softened, stirring often. Stir in wine & garlic. Cook, uncovered, 1-2 minutes, or until most of the liquid has evaporated.
2. Add potato, carrots, thyme, bay leaf, broth, and 2 cups water. Season with salt & pepper; cover and bring to a boil. Reduce heat to medium-low and simmer 30 minutes, or until potatoes and carrots are soft.
3. Remove bay leaf and thyme sprigs (if used). Puree soup in blender or food processor, or with an immersion blender, until smooth. Season with salt & pepper. (Be sure to check your seasonings—this soup really needs the salt!)
4. Ladle into bowls and serve, if desired, with a dollop of pesto swirled into each bowl. Do *not* stir the pesto in completely—leave it swirled for a nice presentation, as well as interesting flavor variations while eating!

In cooperation,

Robyn