



TERRE FOODS *cooperative market*

December 2008

Terre Foods Cooperative Market Update

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Did you order a Lawn Sign?

We still have lawn signs available, and would like to make sure that those individuals who requested signs get them. If you ordered a sign, please email myself or Tammy Tintjer here: [Robyn Morton](#) or [Tammy Tintjer](#) to arrange picking up a sign. We request a \$5 contribution per sign to

Dear Robyn,

WE DID IT! We reached our goal of 50 members, and in fact now have 58 members on our rolls. WOO-HOO! We are now able to go forward with the market study, which is the first **big** step on our way to getting the co-op off the ground. We spoke with our prospective researcher last night, and expect the study to be scheduled for February. To assist in the survey, and the eventual leasing of a site, we are looking for a Real Estate broker--see below for more details.

In case you haven't had a chance, please take a moment to look at our website's page on Starting a Co-op:

<http://www.terrefoods.org/StartingACo-Op.aspx>. This page goes over the basics of the process, so that you can see where we are, and what we have left to do. As always, please send us any questions or comments you might have. And read on for more co-op news!

Terre Foods is looking to hire a Real Estate Broker



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broker who would be well suited for working with us, please contact me at robyn@terrefoods.org.

Now that we've met our first membership goal, we can go forward with the market study and begin in earnest looking for where the co-op should be located. To that end, we are looking for a Real Estate broker, hopefully one that specializes in commercial properties. And naturally, it would be optimal to hire an agent or broker from our list! If you are an agent or broker who could work with us on locating commercial properties, or if you know of an agent or

A Successful Baked Goods Fundraiser!

help offset their cost. If you did not order a sign but would like one, send us an email to let us know. Thank you!

Recommended Reading

The International Co-operative Alliance has a great brief [history of the cooperative movement](#). It is generally agreed that in 1844 the Rochdale Pioneers created the first prototype of what we now consider a co-op. These poor artisans discovered that their foods were being adulterated in order to cut prices, but they could not afford the healthy versions of same. For example, the flour they had been purchasing was heavily cut with plaster-of-Paris, which lowered costs significantly, but sadly is not actually *food*. The artisans decided to pool their resources to gain access to healthy, whole foods. In an odd twist of fate, the families had grown accustomed to the taste of plaster-of-Paris, and did not like the new products. The co-op then had to launch educational efforts for its membership on why food is to be preferred to non-food! (And so, the Cooperative 5th Principle--to educate, train and inform--was born!)

[Join Our Mailing List!](#)



Thank you to everyone who contributed to our baked goods fundraiser--we were overflowing with things to sell! And we raised over \$300--a huge success!

Terre Foods Dairy Class, Jan. 17th

Clabber Girl Kitchens, 9am - Noon

The next section of our Dairy Class is **OPEN** to new enrollment--there are still a few seats left. Please read on for more details:

Terre Foods Dairy Class

This course will cover how to make all of the following products:

- Butter
- Buttermilk
- Yogurt
- Creme Fraiche
- Sour Cream
- Paneer (a mild Indian Cheese)
- Mozzarella
- Ricotta

All of these dairy products are easy to make, and require very little extra equipment or products than most people regularly have in their own homes. There will be a free raffle at the end of class for people to win the products made in class!

Course Fee: \$5 for members; \$10 for non-members. Fees due at beginning of class.

Fee covers: All course materials, including handouts, recipes, and Clabber Girl kitchen fees.

Register for class: email robyn@terrefoods.org

Register deadline: Friday, January 16th

Class size: Registration is capped at 20 students, so register early!

Thanks to Clabber Girl for allowing Terre Foods to host this class in their wonderful kitchens!

You need a good holiday recipe, right?



This is one of my family's favorite recipes. It's a great way to use up that cabbage that you never quite got round to from the end of the season. It's warm, and hearty, and filling--perfect for a winter evening.

Cabbage & Cheddar Pie

1 9" Pie crust
2 tbsp canola oil

1 large onion, halved, thinly sliced
7-8 cups thinly sliced green cabbage (about $\frac{3}{4}$ one head)

¼ cup sour cream
1 tsp Dijon mustard
1 cup grated sharp cheddar cheese
½ cup dry breadcrumbs

1. Preheat oven to 350°F.
2. Warm oil in Dutch oven over medium heat. Add onion, cook stirring often 2-3 minutes. Add cabbage, reduce heat to med-low. Cook cabbage, partially covered & stirring often, 15-25 minutes, until very soft, adding salt & pepper to taste. (add water as needed if too dry) Remove from heat. Add sour cream & mustard.
3. Add cheese to filling, stir gently. Spoon into pie shell, smoothing top. Sprinkle with crumbs. Bake 40 minutes, or until golden brown.

Have a great Holiday Season, everyone! Peace and good fortune for the New Year!

In Cooperation,

Robyn Morton
Terre Foods Cooperative Market

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