



3 Rivers Food Coop

June 2021

Currents

1612 SHERMAN BLVD. FORT WAYNE, IN • 260-424-8812



by Co+op, Welcome to the Table

Get set for great grilling with these grilling tips. Start your grill about 30 minutes before you begin cooking. It's a good idea to have a hot side for grilling meat and a cooler side for grilling fish, seafood and vegetables.

If you don't have a gas grill, consider using chunk charwood, which is preferred by chefs because it burns clean and hot, sealing in the flavor and moisture of grilled foods. Since charwood is produced with nonlumber wood fired in kilns, it is also the best environmental choice.

At your co-op you'll find Woodstock All-Natural Lump Hardwood Charcoal with no fillers added. It is made from round oak wood resulting from tree pruning and forest thinning.

Grilling Tips

Aside from traditional grill items like beef, chicken and sausages (and their vegan/vegetarian equivalents) you can add that char-grilled flavor to items such as:

Corn

Soak the corn in cold water for 30 minutes, peel back the husk, remove the silk, return the husk; then grill for 15–20 minutes, turning frequently.

Mushrooms

Wash fresh mushrooms quickly under running water; then pat dry. Skewer or place in a grill basket. Brush with oil and grill for 5–7 minutes. Whole portabella mushrooms take 10–20 minutes, depending on their size.

Onions

Slice thickly and brush with oil. Cook onions directly on the grid at medium high heat until they start to

turn brown. You can also roast an onion by cutting it in half, wrapping it in foil with a little butter, and cooking it for about 30–45 minutes at medium heat.

Peppers

Grill whole peppers at high heat until skin is charred black, about 15–20 minutes. Cool in a paper bag for 15 minutes to loosen blackened skin. Peel and remove seeds.

Potatoes

Wrap baking potatoes in foil. Cook at medium heat for 25–30 minutes or until tender.

Eggplant, Squash, and Zucchini

Slice these vegetables about 1/4-inch thick and toss them in an easy marinade for 30 minutes (or better yet, overnight) before grilling for a few minutes per side.

Shellfish

You can cook shellfish on the grill. If they are large, such as prawns or crab you can grill them directly on the grid. Smaller shellfish, such as mussels, clams, oysters, scallops or shrimp can be skewered or cooked in a basket. Shrimp take about 8–12 minutes depending on their size.

Steak

Choose steaks that are no thicker than 1 1/2", and which have some visible fat marbling for tenderness. To keep the juices intact, use tongs rather than a fork to turn your meat. At the hottest setting, sear for 1–2 minutes per side. Then move to a medium heat and cook for about 4 minutes per side for rare (it will feel fleshy to touch), 6 minutes per side for well-done steak (it will feel firm).

Spare ribs

Spare ribs are the most popular type of grilling pork ribs. Avoid using a direct heat source. Indirect cooking at a low temperature for several hours will produce very tender ribs. Season with a dry rub before you grill and add barbecue sauce at the end of grilling. Use a drip pan with water or other liquids, such as broth or juice, to keep ribs moist.

Fish

Firm fish, such as tuna, salmon or halibut can be cooked directly on the grill if handled carefully. A hinged wire grill basket is best for cooking whole fish or tender fillets. Grill fillets at medium to medium-low heat. Fish can cook quickly so turn only once to keep from crumbling.

Fruit

Summertime peaches, apricots, nectarines, and figs are delicious grilled. Fruits are high in natural sugars, which means they can easily burn and stick to the grill. Before you begin cooking, clean the grill well, preheat it, and then use several layers of paper towel dipped in a high heat oil to grease it. Cut fruit in half and remove any pits, then coat lightly with oil. For a sweet-savory side dish to grilled pork, chicken, or lamb, sprinkle on a little salt, pepper, and balsamic vinegar, then grill for a few minutes per side. And for dessert, dust with brown sugar, then place the halves on a clean part of the grill for a few minutes per side before serving with ice cream or pound cake (or both).



Juneteenth: A Day of Jubilee

Have you heard of Juneteenth? For many Americans, the summer of 2020 was the first time they heard about Juneteenth. It was in the reckoning and dialogue about race and racism in the United States that followed the killing of George Floyd that many Americans first learned about this unique holiday. In short, Juneteenth — also known as Freedom Day or Jubilee Day — is a holiday that celebrates the emancipation of enslaved people in the United States.

June 19th, 1865 was the day that the Union soldiers landed at Galveston, Texas with the news that the war had ended and that the enslaved were now free. The Emancipation Proclamation had been signed by Abraham Lincoln two and a half years before on January 1, 1863. It was not until the surrender of General Lee in April of 1865 and the arrival of General Gordon Granger's regiment that the forces were strong enough to influence and overcome the resistance in Texas.

Juneteenth was celebrated more widely in Texas into the early 1900s as former slaves and their descendants made their way back to Galveston in pilgrimage. On June 1, 1980 Juneteenth became an official holiday in Texas. More recently festivities have started to become more common across the United States as local and national organizations bring emphasis to the holiday.

For some celebratory recipes suitable for a Juneteenth gathering visit the Co+op, Welcome to the Table Juneteenth page: <https://www.welcometothetable.coop/celebrate-juneteenth>. The recipe below is a delicious match for any summer party!

STRAWBERRY SLAB PIE

This pie is full of sweet strawberries, with hints of lemon and vanilla. The flaky crust is biscuit-like and flecked with sparkling sugar for even more appeal. It's also very juicy, so be sure to put foil or pans on the bottom oven shelf to catch the juices.

Ingredients

- 3½ c **All-Purpose Flour**
- 1½ c **Sugar**, plus 2 T
- 1½ tsp **Salt**, plus ¼ tsp
- 2½ sticks **Unsalted Butter** (10 oz)
- ¾ c **Ice Water**
- 3 lb **Fresh Strawberries**, hulled and halved
- ¼ c **Cornstarch**
- 1 T **Fresh Lemon Zest**
- 1 tsp **Vanilla**
- 2 T **Half and Half**
- 3 T **Turbinado Sugar**

Preparation

Get out a baking pan 10"x15" and 1" deep. In a large bowl, mix the flour, ½ cup sugar and 1½ teaspoons salt. Cut in the butter, then drizzle in ice water as you toss with a fork. If needed, drizzle in an additional tablespoon or so of ice water to make a dough. Form into a rectangle, wrap in plastic wrap, and refrigerate for 30 minutes.

Place the hulled, halved strawberries in a large bowl. Add the remaining sugar, cornstarch, lemon zest, vanilla and remaining salt. Mix. Heat the oven to 425 F and place a foil-lined baking sheet on the bottom oven shelf to catch any overflowing strawberry juices.

On a floured counter, cut off one third of the dough. Roll the larger piece to 12 by 16 inches. Transfer the dough to the pan, pat lightly to fit into the pan, leaving the edges hanging over. Roll out the remaining piece of dough into a piece 11"x16". Distribute the berries over the dough in the pan. Place the second sheet of dough over the pie. Fold the edges of the lower crust over the upper crust, crimp the crust and slash the top.

Brush the top of the pie with half and half and sprinkle with turbinado sugar.

Bake for 15 minutes at 425 F. Turn the temperature down to 400 F. Place a sheet of foil over the pie, then bake 25 to 30 minutes, until bubbling.

Cool and cut in 12 pieces.

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Don't Forget Dad!

Need some ideas for Dad's Day food and gifts? Let us be your one stop shop for a special cookout and the gifts that show Dad he's number one!

Cards: Check the card rack for a variety of cards suitable for dads of all kinds!

For the Cookout: From steak (see recipe on following page) for the carnivorous to veggies for the non-meat eater, we have your grilling supplies at the ready!

Gifts: Puzzles; beard/mustache oil; cologne; shaving soaps; beer, wine, and drink mixers, spice rubs, and more!

coop[™]
deals

Cycle A Sales: June 2-15

Cycle B Sales: June 16-29

Sales swaps happen twice a month around here and we are able to bring these sales to you as part of our membership in National Co+op Grocers, essentially a co-op of co-ops. If you look on the back of the flier (delivered to member homes who requested paper delivery and available in store) you'll see a list of other co-ops in the Midwest. These are just a segment of nearly 150 food co-ops operating 200 stores across the country! If you are traveling this summer take a look at <https://www.welcometothetable.coop/all-coops> and stop in to a new co-op! Bring us back any great ideas or new products you discover!

Own it!

Interested in how being a co-op owner works? Ask a cashier for more information!

Current Co-op Membership

Total Owner Households*-2154

Total Fully Invested Households*-918

Current Active Households-921

New Households-12 (5/2-5/28)

*These numbers include Active & Inactive Owners

Three Rivers Co-op
Natural Grocery & Deli
1612 Sherman Blvd.
Fort Wayne, IN 46808
(260)424-8812
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General Manager
Janelle Young

Management Staff
Alisha Dunkleberger
Heather Grady

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Owners may contact the
board thru email:
board@3riversfood.coop

NEWSLETTER STAFF

Editor/Design & Layout
Heather Grady

Want more? Owners can sign up for our owner only newsletter to get unadvertised specials, deli menus, fliers, and info about events. Non-owner shoppers can receive a monthly newsletter as well. Send an email to news@3riversfood.coop or visit our webpage at www.3riversfood.coop/newsletter/

FIRE UP THE GRILL RECIPES

BALSAMIC MARINATED STEAK

Steak is a popular and quick weeknight meal, and it only needs a simple marinade to elevate the flavor. This grape relish really pops, with juicy, sweet grapes and tangy blue cheese providing a lively companion for the beef.

Ingredients

1 lb **Top Sirloin Steak**
3 T **Balsamic Vinegar**
3 T **Extra Virgin Olive Oil**
½ tsp **Salt**

Freshly cracked **Black Pepper**
2 c **Red Grapes**, halved vertically
¼ c **Scallions**, chopped
¼ c **Blue Cheese**, crumbled

Preparation

Preheat the grill or a broiler to medium-high heat. Place the steak in a casserole or shallow dish. In a cup, whisk the balsamic vinegar, olive oil and salt, and reserve two tablespoons for serving, then pour the remaining mixture over the steak. Turn the steak to coat. Let stand for 10 minutes.

For the relish, place halved grapes in a large bowl with the scallions and blue cheese. Reserve.

To cook the steak, remove it from the marinade and let the excess drip off, then discard the marinade. Sprinkle the steak with freshly cracked black pepper.

Grill the steak over a medium-high fire or broil for four to seven minutes on each side. Use an instant-read thermometer to make sure the center of the steak reaches 130 F for medium-rare, 140 F for medium or 145 F for medium-well.

When the steak is cooked, transfer it to a cutting board and let stand for two to three minutes before slicing. Use a sharp knife to cut it into thin slices, and serve drizzled with the two tablespoons of reserved marinade and grape relish.

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GRILLED VEGETABLE ANTIPASTO

Ingredients

¼ c **Extra Virgin Olive Oil**
¼ c **Fresh Basil**, finely chopped
Squeeze of **Fresh Lemon**, plus wedges for serving
Salt & Pepper to taste
6-8 small **Carrots**, peeled
1 c **Snap Peas** (don't remove the stems)

1 small **Zucchini**, sliced diagonally into ½-inch thick pieces
1 small **Red Bell Pepper**, seeded and cut into strips
4 **Tomatoes**, cut in half lengthwise
6-8 **Fingerling Potatoes**, boiled for 15 minutes and cut in half
Basil Sprigs, to garnish

Preparation

Combine the olive oil, basil, citrus juice and the sea salt and pepper in a bowl. Toss the vegetables in this mixture to coat well. Add a little extra olive oil if you need it.

Preheat a gas grill to high or build a bed of hot coals. Grill the vegetables, turning once or twice, until grill marks appear and the color pops. Don't overcook them, as they will continue to cook slightly after you have removed them from the grill. Arrange the vegetables on a platter and serve with any of the additional items below. Garnish with wedges of lemon and whole sprigs of basil.

Serving Suggestion

Accompany all of this bounty with some freshly baked bread and a Mediterranean dip-like hummus and you have a gorgeous tribute to the season!

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GRILLED SALMON WITH BLUEBERRY SALSA

Break the mold with this fruity salsa atop chipotle pepper-spiced salmon.

Ingredients

4 4-oz **Salmon Fillets**
½ tsp **Chipotle Pepper Powder**
1 T **Olive Oil**
Pinch of **Salt**
1 c **Fresh Blueberries**
1 large **Jalapeño Pepper**, finely chopped
2 T **Red Onion**, finely chopped
¼ c **Cilantro**, chopped
1 T **Lime Juice**
¼ tsp **Salt**

Preparation

Heat the grill. Place the salmon skin-side down on a plate and rub with olive oil, sprinkle with chipotle pepper and salt; let stand.

In a medium bowl, combine the blueberries, jalapeño, red onion, cilantro, lime juice and salt. Stir vigorously, coarsely mashing some of the blueberries to release the juice.

When the grill is hot, use tongs to swab the grate with a paper towel dipped in vegetable oil. Place the salmon on the hot grill, skin-side up. Let the salmon cook until it has grill marks and the edges look browned, about 3 minutes. Carefully lift each fillet and turn over. Close the lid of the grill and cook about 4 minutes more for thin, wild-caught fillets, longer for farm-raised salmon. When the fish is just cooked through, transfer to a clean platter. Top each fillet with about a quarter cup of salsa, and serve hot.

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NATURAL GROCERY



1612 Sherman Blvd Fort Wayne IN 46808
Hours: Sundays 12 pm-6 pm, Mon-Sat 9 am-7 pm
www.3riversfood.coop

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Product News and This Just In!

We're changing things up as we head into summer! You'll find some fun additions to the brat selections in the fresh meat cooler, seasonal produce is arriving, and we've placed two coolers at the end of the registers with a selection of cold lemonades to add to your cart as you check out. Watch for that cooler to feature other sales drinks over the summer.

May New Products (many by shopper request!):

Bulk/Herbs & Spices: Frontier Nutritional Yeast in plain, dill & vinegar, or salt & vinegar
Refrigerated and Frozen: GoodPop frozen treats; LaClare Creamery goat milk cheese;

Adobe seasoned Chick'n from Sweet Earth; Simply Organic Barahat and Chili Lime seasonings; Small Acres organic chocolate milk (Rome City)

Grcery: Livbar organic superfood energy bars in five flavors; Icelandic spring water; Flax4Life gluten free brownies and muffins; Dave's Killer Bread buns and thin sliced sprouted bread; gluten free Pretzel Crisps; Café Fair packaged French Roast decaf

Produce: English Cucumbers, Donut Peaches, Yellow Peaches, green and red grapes; Kanzi apples, iceberg lettuce, new salad mixes. And fresh from the garden radishes and lettuces from Broxenberry Farms (local). Watch for fresh cut fruit as time allows.

Wellness: Bug sprays and sunscreens are out! (There is Badger coupon on the shelf!)

Pure Essence Labs mushroom extract capsules in six varieties; Sonne's whole beet plant juice capsules; Sukin supergreens facial care, body wash, lotions, and creams

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