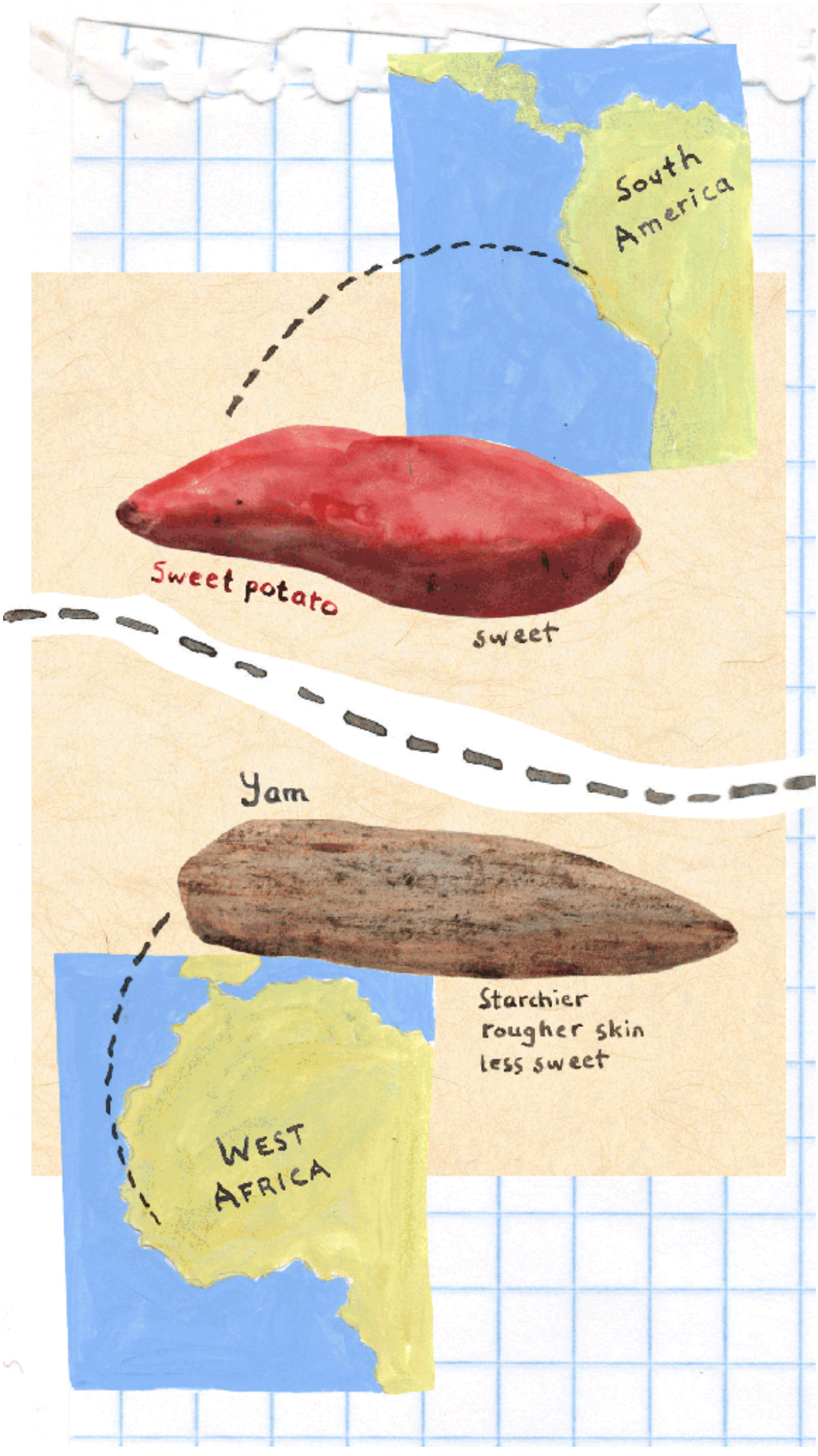
WANT TO TASTE BLACK HISTORY THIS YEAR? LOOK FOR SWEET POTATOES IN THE PRODUCE AISLE

November 18, 2025


South America
Sweet potato
sweet
Yam
Starchier
rougher skin
less sweet
WEST AFRICA

November 18, 2025

By Femi Redwood

When I walk into the Coop's produce aisle and see boxes of sweet potatoes, I see more than a root. I see history. The sweet potato's journey began in South America, became a survival food for enslaved Africans in North America and later found a lasting place in Black culture. And while pumpkin pies may define the holiday table for some Americans, sweet potato pies are at the heart of celebrations for many Black families.

"Sweet potatoes are almost the way to determine whether it's a Black Thanksgiving or not a Black Thanksgiving," says Tonya Hopkins, a Brooklyn-based food and drink historian, spirit strategist and Coop member.

Yams and sweet potatoes are often used interchangeably, but they're different. Yams are native to West Africa whereas sweet potatoes originated in Peru. When colonizers arrived in the Americas, they began exporting sweet potatoes to Europe and Africa.

> AS TIME WENT ON, ENSLAVED COOKS PERFECTED SWEET POTATOES INTO FORMAL DISHES FOR WHITE FAMILIES. ENSLAVED FAMILIES ALSO ATE SWEET POTATOES, BUT AS A NUTRITIOUS NECESSITY.

English royalty loved them, including Henry VIII, who often ate sweet potato tarts. Sixteenth-century Jesuit writings suggest they believed sweet potatoes were aphrodisiacs, which may explain their popularity.

In West Africa, yams were part of a regular diet and were used in soups and stews. Hopkins says Europeans assumed Africans would eat sweet potatoes because they resembled yams, but that wasn't the case. Locals didn't like the taste and only ate the

green, leafy part. Africans who were shackled on boats or enslaved on plantations had no choice. “They were given the fleshy, starchy potato part as this food ration,” Hopkins says.

In America, wealthy colonialists often followed English trends, so they, too, requested sweet potato dishes. As time went on, enslaved cooks perfected sweet potatoes into formal dishes for white families. Enslaved families also ate sweet potatoes, but as a nutritious necessity. “Enslaved people often grew sweet potatoes in their own garden plots,” Hopkins said. They lacked the tools in their own kitchens to make a dessert, but they were able to roast or boil a whole potato over a fire.

BLACK FAMILIES CONTINUED TO TAKE CULTURAL OWNERSHIP OVER SWEET POTATOES AS MANY MIGRATED NORTH. THIS CONTRIBUTED TO SWEET POTATO PIES, ESPECIALLY DURING HOLIDAYS, BECOMING A DISTINCTLY BLACK AMERICAN FOOD.

After emancipation, Black families gained greater access to ingredients like butter and sugar and had more time to cook in their own kitchens. While pumpkins were staples in the North, sweet potatoes remained a staple in the South due to their ease of growth. In fact, scientist and inventor George Washington Carver persuaded Southern farmers to plant sweet potatoes to help them transition away from their reliance on cotton. He even published a sweet potato guide for farmers and cooks.

Hopkins says Black families continued to take cultural ownership over sweet potatoes as many migrated North. This contributed to sweet potato pies, especially during holidays, becoming a distinctly Black American food.

“Sweet potatoes are probably the most recognizable food source in the South during the fall in the Black family beside collard greens,” says Howard Conyers, a pitmaster, family farmer and moonshiner in Manning, South Carolina.

While many of us are disconnected from how our food is farmed, Conyers says he wishes consumers understood how physically demanding it is to farm sweet potatoes. He remembers collecting sweet potatoes as a child after they were harvested with a mule plow pulled by a tractor.

“We used to pick up like a quarter acre to an acre by hand in buckets,” Conyers says. Sweet potatoes sold in stores today likely come from commercial harvesters, he says, but those are still physically demanding jobs for workers.

Conyers, who studied agricultural engineering at North Carolina Agricultural and Technical State University before earning an engineering doctorate from Duke University, grows the same sweet potato seed his ancestors did. “It’s an old seed that’s probably been passed down almost a hundred years,” he says. He continues: “Maybe I’m tasting the sweet potato pie that my grandmother made or my great-grandmother made going back as far into slavery,” he says. He notes it likely tastes different from anything you’ve ever tasted because it’s made from heirloom sweet potatoes.

> MOONSHINE, LIKE SWEET POTATOES, IS PART OF BLACK HISTORY, THOUGH BLACK EXPERTISE IN THE INDUSTRY IS OFTEN OVERLOOKED.

But while there is reverence for the past, many, like Conyers, are experimenting with sweet potatoes in new ways. Hopkins says they are a “great muse” for experimenting with recipes. Conyers has replaced carrots with grated sweet potatoes in his mother’s carrot cake recipe and uses sweet potatoes to make moonshine, another staple of Black history and African tradition.

In 2020, he and his father opened Backyard Distillery, one of the few Black-owned moonshine makers. Moonshine, like sweet potatoes, is part of Black history, though Black expertise in the industry is often overlooked.

Hopkins says the roots of moonshine-making can be traced back to African traditions, and in America, Black folks in the South were among its key makers. It was used for both medicinal and recreational purposes. Hopkins adds that moonshine was also a path to economic freedom for many, including her own family. Her grandmother ran a speakeasy in Camden, New Jersey, during Prohibition and afterwards.

For Conyers, moonshine isn't just a business; it's a continuation of Black creativity and survival. "It should be the spirit of Black people in America. We talk about bourbon and this other stuff, but moonshine is just as important to Black America," Conyers says.

Conyers hopes to expand how he shares these innovation stories and he's optimistic about starting tours next year of his family farm and distillery. "I hope people will come down and see what we're doing at our integrated farm distillery," he says. "So, you can see how we're trying to use the whole ecosystem to tell the whole story of the South through Black people's eyes," he continues.

> "SWEET POTATOES WERE HARDY ENOUGH TO SURVIVE THE MIDDLE PASSAGE, PRACTICAL ENOUGH FOR ENSLAVED PEOPLE'S GARDENS AND VERSATILE ENOUGH TO STRETCH ACROSS BOTH PLANTATION KITCHENS AND FREEDOM KITCHENS," - SAID TONYA HOPKINS.

Based on what Hopkins shared, whether sweet potatoes are used in moonshine, pie, cake or any other dish, their botanical persistence and durability mirror the resilience of Black people. "It stores well through hardship and regenerates year after year," said Hopkins. "It was hardy enough to survive the Middle Passage, practical enough for enslaved people's gardens and versatile enough to stretch across both plantation kitchens and freedom kitchens. Its very durability and ability to reinvent itself made it much more than a survival crop."

Want to taste Black history? Try one of these recipes this Thanksgiving. We suggest using Beauregard or Jewel sweet potatoes for the best flavor. You can also use Garnet sweet potatoes, but your pie will be slightly less sweet. At the time of publication, all three of those varieties are available at the Coop. The Coop also carries Japanese, purple majesty and purple sweet potatoes, but those are not recommended because they won't give you the sweet, creamy filling and color of traditional sweet potato pie.

CLASSIC SWEET POTATO RECIPE

- 2 pounds of sweet potatoes
- 4 ounces unsalted butter, softened
- 2 large eggs
- 1 cup evaporated milk
- 1 tablespoon vanilla extract
- ½ cup granulated sugar
- 1 teaspoon ground nutmeg
- ½ teaspoon ground cloves
- ½ teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- ½ cup packed brown sugar
- 1 9-inch pie crust

Instructions

- Preheat the oven to 425 degrees. Grease a baking sheet with your preferred oil or spray it with non-stick spray.
- Wash and dry the sweet potatoes. Pierce them several times with a fork, then place them on the baking sheet. Bake for 45 minutes or until soft.
- Remove the sweet potatoes and lower the oven temperature to 350 degrees.
- Once the sweet potatoes cool, peel and throw away their skin.
- Grease the pie pan with your preferred oil or spray it with nonstick cooking spray. Add the pie crust.
- Add the peeled potatoes to a large mixing bowl and blend. Add the softened butter and continue to blend. Add the eggs and continue to blend. Add both sugars and all the seasonings, then continue blending. Lastly, add the vanilla and evaporated milk and continue blending.
- Pour the filling into the pie crust. Bake at 350 degrees for 50 to 60 minutes, or until

the top is brown. You can also insert a toothpick or knife in the middle of the pie to check if it comes out clean.
- If your pie is done, remove it from the oven and let it cool for at least 30 minutes.

HOWARD CONYERS'S SWEET POTATO CAKE, MODIFIED FROM HIS MOM HALLIE'S CARROT CAKE RECIPE

- 1 ½ cup vegetable oil
- 2 cups sugar
- 4 eggs well beaten
- 2 cups flour
- 1 cup pecan
- 1 tsp salt
- 2 tsp. cinnamon
- 2 tsp baking soda
- 2 tsp baking powder
- 3 cups grated sweet potatoes (peeled)
- 1 tsp nutmeg
- 1 tsp vanilla extract
- 3 9-inch cake pans

Instructions for the cake

- Mix the oil and sugar, and beat well. Add eggs.
- Sift all dry ingredients, particularly the flour, two to three times. Add nuts and mix with the sugar mixture.
- Lastly, add grated sweet potatoes a small amount at a time.
- Bake in the pans at 325 degrees for 30 minutes.

Instructions for the cream cheese frosting

- ½ to 1 stick of margarine or butter
- 8 oz of cream cheese
- 1 box powdered sugar
- 2 teaspoons of vanilla extract

Mix all ingredients, beat well. Spread between layers and on the top.

If you want to support Hopkins' work and learn more about the intersection of food, drinks and history, you can join her Paetron platform.

To learn more about Conyers and his work and arrange a tour during your next southern visit, check out his website.

Femi Redwood is a Murrow Award-winning journalist. For over a decade, she has worked in prestigious newsrooms including VICE News and CBS Newspath, holding a range of roles from on-air correspondent to department manager. She lives in Crown Heights with her wife, Julie, and their cat, Leo.

OH SHOOT! IT'S GARLIC SCAPE SEASON

November 18, 2025



EVERYTHING YOU NEED TO KNOW ABOUT SPRING'S 'IT' ALLIUM

May 13, 2025

By Anita Bushell

One of the great joys of shopping at the Coop is having access to fleetingly seasonal foods.

Large supermarkets don't tend to place a premium on fruits and vegetables that have vanishingly narrow windows of availability. The trouble of tracking them down can outweigh the profits. What's more, many American consumers prefer consistency.

Shopping at the Coop, on the other hand, is like being a purveyor at a fine restaurant, one whose chef wanders the stalls at Union Square farmers market or the back roads

of Marin County looking for what’s delicious today—and not for much longer.

> “AMONG THE MANY REASONS I LIKE SPRING IS SEEING GARLIC SCAPES PEEKING OUT FROM THE MIST OF THE PRODUCE COOLER.”
>
> *PRODUCE MANAGER JOHN HORSMAN*

In wintertime, my partner will gleefully bring home from the Coop a few Buddha’s hands, the citrons whose striking fingered shapes call to mind little yellow octopi, and make marmalade for the few weeks they are available. Among the many reasons I like spring is seeing garlic scapes peeking out from the mist of the produce cooler. The sight is as much a sign of renewal as the appearance of daffodils on the city streets. Like Proust’s madeleines, garlic scapes connect me with delicious meals of the past, and give me hope for the future.

Garlic scapes are edible green shoots that grow from the garlic root. The long and curly green stems, which look like wild onions, sprout in late spring. Their taste is sweet and musky, and they can be the base of gorgeous pestos and soups, among other dishes.



Garlic scape photo by Lisa Guido

To find out more I spoke with Produce Manager John Horsman to get his take on the lesser-known member of the garlic family. Below the interview you'll find my two favorite garlic scape recipes.

John, what exactly are garlic scapes?

They are the long, curly flower stalks that grow from hard neck garlic once the plants start maturing.

Do they grow at the same time as garlic?

Garlic scapes are usually removed from the plant to encourage the garlic bulbs to grow larger. After the scapes are cut, the plant redirects its energy into forming the

garlic bulbs, which are harvested in mid-to-late summer.

When does the Coop start selling them?

We usually start getting them at the end of May or beginning of June. We tend to have them on hand for about eight weeks.

What do they taste like?

They have a mild, fresh garlic flavor.

How can you use them?

They are usually sautéed, grilled or roasted but can also be eaten raw in salads.

Where does the Coop get garlic scapes from?

We have been getting them from Lancaster Farm Fresh Co-op the past few seasons.

How do they sell?

They sell very well during the short growing period. We go through about 10 cases a week.

TWO DELICIOUS GARLIC SCAPE RECIPES:

GARLIC SCAPE PESTO

Adapted from seriouseats.com

Ingredients:

• 3/4 cup coarsely chopped garlic scapes
• 1/4 cup pine nuts
• 1 tablespoon lemon juice plus 1 teaspoon grated zest (from 1 lemon)
• 1/4 cup grated Parmigiano-Reggiano cheese
• ¼ cup washed basil leaves, with water still clinging to the leaves
• 1/4 cup extra virgin olive oil
• ¼ cup pistachio oil
• salt
• black pepper

Directions:

Combine scapes, pine nuts, lemon juice and zest, and season with salt. Add to a food processor and process for about one minute. Add cheese and process for about 30 seconds. Add basil and pulse until finely minced, about ten one-second pulses.

Transfer to a bowl. Slowly pour oils into a bowl while stirring mixture. Season with salt and pepper to taste.

GARLIC SCAPE AND BACON STIR FRY

Adapted from bonappetit.com

Ingredients:

• 3 thick-cut slices of bacon or a similar amount of pancetta
• ½ pound garlic scapes, chopped into roughly 2″ pieces
• Soy sauce

Directions:

1. Roughly chop bacon or pancetta**.**
2. Add to a wok or cast-iron pan over medium to high heat. Cook until browned. There should be enough rendered fat for the garlic scapes to sizzle in. (If the pan looks dry add a little neutral oil.)
3. Throw in garlic scapes and stir-fry for three to four minutes, until scapes are tender but still have a crunch. Sprinkle with soy sauce to taste**,** then remove from heat.

Anita Bushell is a freelance writer who has been published in Friends Journal*,* Ford Foundation Report*, and* Uncensored: American Experiences with Poverty and Homelessness*. She just published her debut novel,* One Way to Whitefish*. anitabushell.com*

BORSCHT HUMMUS (BEET HUMMUS WITH HORSERADISH AND DILL)

November 18, 2025



Member Submission by Theodora Bocanegra Lang

I love beet hummus this time of year because it is both a hearty snack and the vibrant color perks up dreary winter days. This recipe is inspired by borscht, adding commonly associated flavors of horseradish and dill. If you don't like horseradish, it is also delicious without it. Same goes for dill, but they both add zing. Follow your heart! This recipe is flexible.

INGREDIENTS

2 cups or 1 can cooked chickpeas (dry: aisle 2, canned: aisle 6)

½ cup tahini (aisle 6)

Juice of half a lemon (aisle 1)

3 garlic cloves (aisle 1)

¼ cup olive oil (aisle 2)

1 tsp salt (aisle 2)

1 cooked beet (aisle 1)

1 tbsp horseradish, chopped (jarred: next to eggs, fresh: in aisle 1, if available)

¼ cup dill, chopped (aisle 1)

Za’atar, to taste (optional, spices section by aisle 1)

Combine all ingredients in a blender and blend! Garnish with za’atar, olive oil, and a squeeze of lemon juice if you’d like. Enjoy!


PHOTO BY THEODORA BOCANEGRA LANG

Theodora Bocanegra Lang logs what she cooks with her Coop groceries on her food instagram, @the_fermentress.

Editors' Note: Our Coop membership is passionate about food. Do you have a short, original recipe that you'd like to share? Please send it to GazetteSubmissions@foodcoop.com, along with a photo that is at least 1200×675 pixels.

HOT SAUCE SUMMER!

November 18, 2025



ILLUSTRATION BY DEBORAH TINT

By Zoe Singer

First, the alarming news about hot sauce: In April, Huy Fong Foods, which produces the widely adored large squeeze bottles of sriracha, announced that severe weather had impacted their main ingredient. With deliveries delayed until after Labor Day, we're in for a sriracha shortage this summer.

As of this writing, several brands of sriracha, including the delectable Three Moun-

tains yellow sriracha, are still on the Coop's shelves. (Hey, now, no hoarding—remember when we had to cap toilet paper purchases?) On a brighter note, a plethora of other fiery sauces made by area artisans are in stock as well, just waiting to spice up your summer picnics! Here's a roundup to pique your interest in piquant flavors beyond your go-to picante.

The local, woman-owned Queen Majesty brand produces its hot sauces in Long Island City in small batches using fresh ingredients. The bottles, which boast gorgeously illustrated labels, contain unusual, intriguing flavor combinations like Red Habanero and Black Coffee, and the searingly delicious Cocoa Ghost. Recipes on their website for salad dressing could inspire many a summer meal.

> "AS TEMPERATURES RISE AND SRIRACHA LEVELS DWINDLE THIS SUMMER, WE CAN LOOK TO THE AGE-OLD WISDOM THAT EATING SPICY FOODS CAN KEEP YOU COOL."

Up in the Hudson Valley, Ric Orlando emphasizes that his hot sauce recipes are "balanced," with more flavor than "shock." His Purple Haze Psychedelic Sauce is based on the habanero chile, combined with pineapple, herbs, ginger, cider vinegar and red cabbage, which lends its color and, he claims, makes the habanero easier to digest. A bit milder, with a warming sweetness and complexity from clover honey, grapefruit, and turmeric, the Dirty Blonde also makes a fantastic glaze for grilling.



ILLUSTRATION BY DEBORAH TINT

Ithaca, New York is home to Mojo's Sauce, which showcases Finger Lakes produce in their Smokin' Hot Heirloom Hot Sauce (try it in your next Bloody Mary!) and Sunshine Carrots, a medium-spicy, sunny-tasting concoction of Scotch-bonnet peppers, lemongrass, ginger and roasted carrots that will perk up your next sandwich.

Closer to home, Brooklyn Delhi's Guntur Sannam hot sauce puts this whole sriracha crisis in perspective. Made from a single-origin heirloom variety of the Guntur Sannam chili pepper from Andhra Pradesh, along with tomatoes, garlic, tamarind and asafetida, it's a mix of savory, smoky and sweet spice that I recommend on eggs, noodles, rice, tofu, lentils, chicken…you get the idea.

Brooklynite Auria Abraham, owner of Auria's Malaysian Kitchen (full disclosure: our kids were in school together and I have been hooked on her sambal ever since), imports fermented shrimp paste from Malacca, a coastal city in Malaysia, for her intense

Hot Chili Sambal. I've been adding tiny amounts of the condiment to my stir-fries for years, where the seafood flavor blooms, lending added depth and savor. Auria's homey, approachable recipes are an online cooking class in themselves.

The preserved lemon harissa from New York Shuk is another pretender to the sriracha throne, with a rich tanginess that makes it more versatile than many spicier versions of the North African and Middle Eastern hot sauce. The super simple recipe for grilled eggplant salad on their website is a perfect showcase for the combination of salty preserved lemons and traditional harissa spices (chili, garlic, coriander, caraway and cumin).

As temperatures rise and sriracha levels dwindle this summer, we can look to the age-old wisdom that eating spicy foods can keep you cool. What better time to explore the Coop's diversity of local, artisanal hot sauces?

Zoe Singer is a former food writer and recipe developer turned grant writer. She is a lifelong Brooklynite and longtime Coop member.

IT'S SUMMER JAM SEASON

November 18, 2025



A photo essay by Rod Morrison

Flavors abound in the hot summer months, so why not spend a few hours in one's kitchen capturing the delightful aromas of the many berries, stone and citrus fruits, and spices at the Coop?

Choose distinctive stone fruits such as plums, peaches or apricots.



Or opt for juicy berries such as blackberries, strawberries, blueberries or raspberries—or a mixture of all. You'll have distinctive flavors ready for a jam bursting with the summer sun.



Add juice and zest from an organic lemon or lime, and your flavors will intensify.



Next, choose your sugars and fruit pectin. Add spices such as cinnamon and ginger, all readily available at the Coop.



Last but not least, choose your jars from the wide selection available at the Coop. Th-ese are currently stored in the produce section on the shelves near the potatoes.



Don’t forget, weather permitting, there is always time for a rooftop jam session. Invite your friends for a homemade jam tasting.

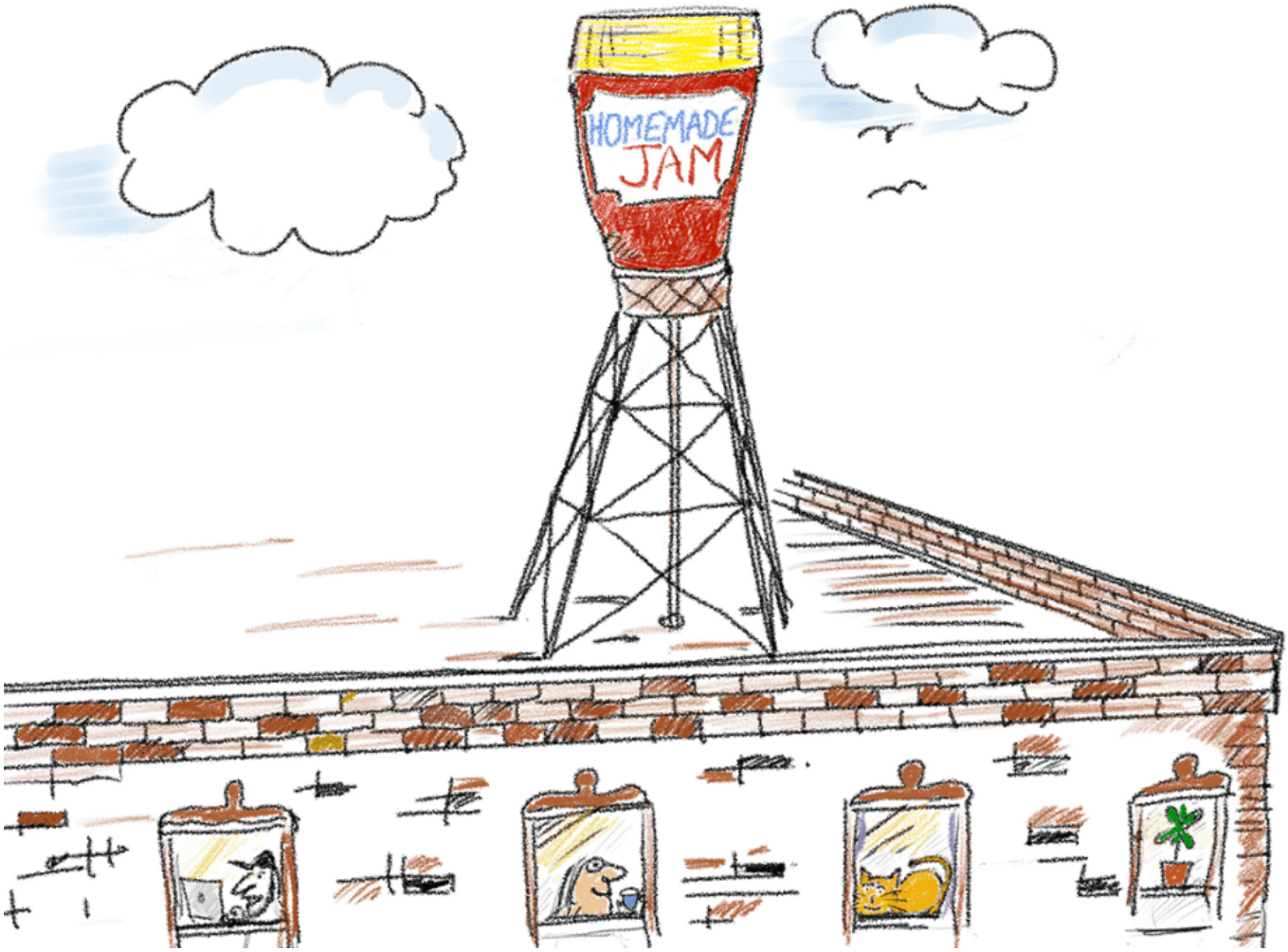
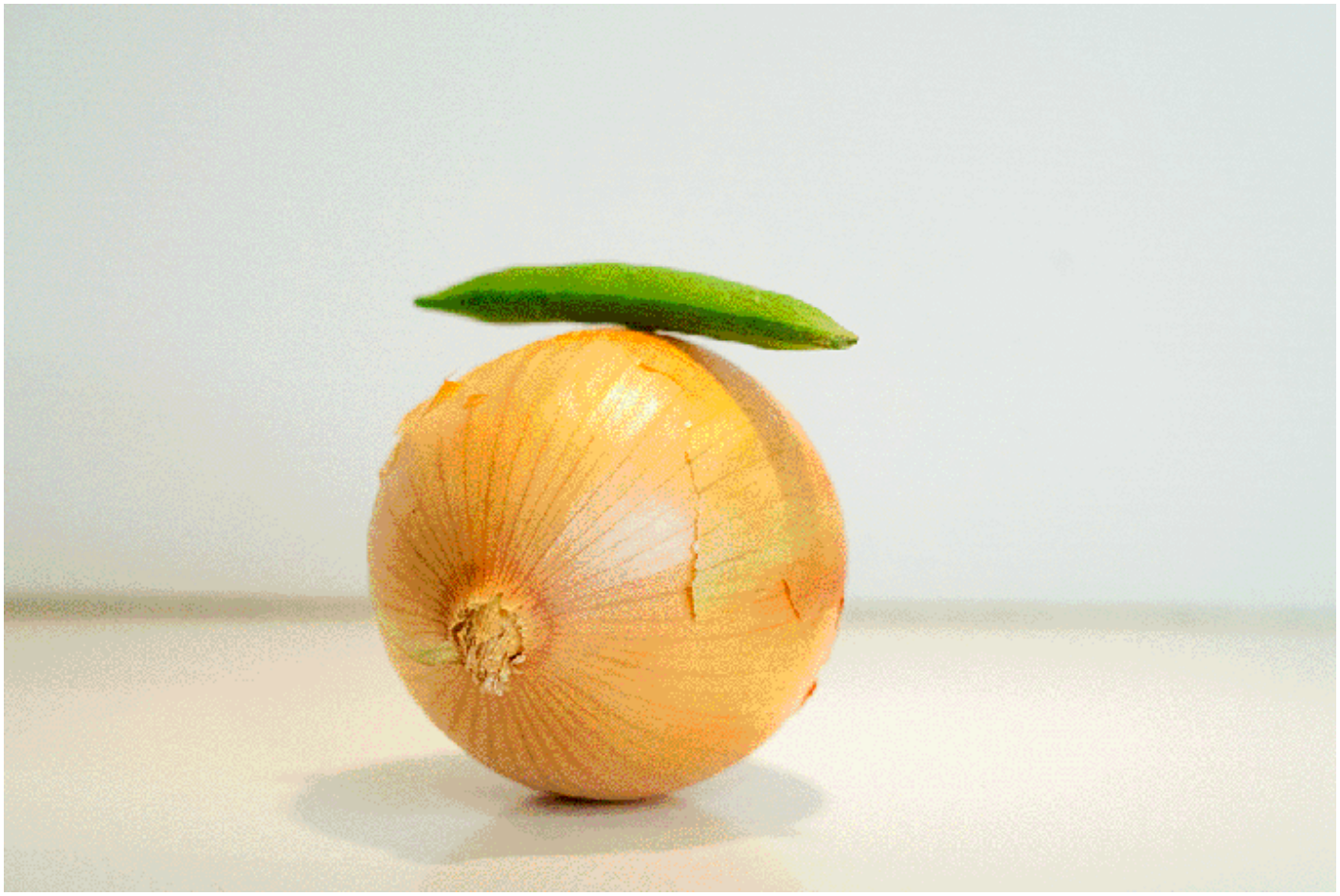


ILLUSTRATION BY ROD MORRISON

Have a great summer!

@FOODCOOP ON INSTAGRAM CONNECTS MEMBERS THROUGH THEIR COOKING

November 18, 2025



Photos by Caroline Mardok

By Leila Darabi

In the new Netflix series, *Inventing Anna,* a reporter assisted by several colleagues uses Instagram to piece together the social network and international movement of her subject, Anna Soroken (a.k.a., Anna Delvey). This fake heiress scammed acquaintances into paying her lavish hotel bills and to vouch for her as she applied for a $40 million loan. In dramatized scenes, the reporters print out selfies, scouring the background for location clues and potential people to interview as they piece together Anna's world travel and luxury hotel hopping.

A deep dive into the Coop's Instagram feed tells a far more wholesome but no less intricate story. At the time of writing, @foodcoop on Instagram had more than 14,200 followers. Scrolling back through the 6,383 posts and the more than 100 highlights folders of past posts shared as stories, one can track shifts in the Coop's community

of members.

PRE-PANDEMIC BLISS

Several years before the pandemic reached Brooklyn, the Coop's Instagram largely featured newly stocked produce and the occasional store announcement. Peppered between those posts, @foodcoop regularly reposted photos members shared of the foods they were cooking at home, showcasing the people behind the cooperative.

These posts of members' cooking showcased diverse palates and a mix of professional and amateur creations. There were personal chef Jeffrey Mason (@chefjeffreynyc)'s homemade granola bars; Megan Davidson (@brooklyndoula)'s test run of three new bundt pans; chef and teaching instructor Michelle Doll (@chefmichelledoll)'s declaration of "watermelon radishes for life"; and tuba player Matthew Cain (@matthew_cain)'s savory tart.

Looking back now at Deb Etsten (@citychiclet)'s Meyer lemon and rosemary focaccia, posted just before the pandemic lockdown started in New York, the @foodcoop feed recalls a simpler time before trips to the Coop and sourcing of yeast, flour and specialty items required more complex planning.



Shortcut spring risotto

INCREASED ENGAGEMENT

After March of 2020, the Coop's Instagram posts garnered more comments. For example, Dough Ashford (@deashford)'s post celebrating his last Coop shift pre-retirement received 273 likes and only one comment on February 25, 2020. Whereas a typical post on April 7, 2020, which featured a selfie of Autumn L. (@autumng0tstamina) in line to get into the Coop, received 61 comments as members pooled intel on line lengths ("Ok in line at 2:45. Abt five down from 7th ave on President. Will update when I get to door."); safety regulations ("anyone knows if my toddler needs to wear a mask? She will probably not keep it on…"); and messages of gratitude ("thank you food coop workers!!!").

The same period saw a shift in members' whereabouts. While Instagram continued to provide a space to peer into one another's kitchens, several of the home cooks most

reposted by @foodcoop left the city. The anonymous chef behind @clintonhilltestkitchen put their membership on pause. Nutritionist Sydney Greene (@greenehealth) moved to Colorado. Food blogger Smita (@hakunasmitata) left Brooklyn. And Kaori Goto and her family moved to her home country of Japan (@kaori_brooklyn).

Kaori and Smita share that they both miss the Coop and enjoy the vicarious glimpse into produce and organic offerings they get by staying connected through Instagram. Both were generous enough to share spring recipes, and we included one further down in this article.

TIPS FOR HOME FOOD PHOTOGRAPHERS

The account's contents are currently monitored, shared and maintained by a lone Coop member. Other Coop staff have limited involvement.

> "SHOOTING IN NATURAL LIGHT IS A MUST FOR ME—I'M SOMEONE WITHOUT A LOT OF FANCY LIGHTING EQUIPMENT."
>
> *FOOD WRITER CATHEY ERWAY*

When contacted for comment (via Instagram direct message), the staff member who manages the Coop's Instagram account seemed to prefer remaining anonymous.

The Coop's Instagram manager did, however, offer tips for members posting photos of what they make with Coop-sourced ingredients:

- **Tag @foodcoop.** We love to share your grocery cart, your refrigerator contents, your shift, and occasionally your dinner.

- **Avoid kids.** We don't want to share other people's children, no matter how

cute they are, unless the guardian has agreed (we try not to share any pix taken without the subject's explicit consent.)

- **No self promotion.** Sometimes people try to publicize themselves through the Coop, like their fitness or nutrition business, or a cause the Coop is not explicitly signed up for. We can't do that. There's no way to do it equitably for all members, so we avoid this sort of repost altogether—unless it's directly related to the store or a co-operative endeavor that we're officially connected to, e.g., a food drive or another Coop we're helping out. Otherwise, we're not reposting it.

- **Set to public.** Your post has to be set to public for us to share it. We've had people tag us and not realize their account and posts are private, and so unshareable. So, tag us if it's a Coop thing, and make sure your post is shareable!

- **Focus.** We usually don't re-gram blurry pictures, and we tend to re- gram fewer videos than still pictures, and almost no boomerangs.

When reached by email for additional guidance, cookbook author and food writer Cathey Erway (@cathyerway) offered this advice:

"Shooting in natural light is a must for me—I'm someone without a lot of fancy lighting equipment. I like shooting backlit images of food, preferably in the morning when the sun is lighter."





Kaori's Chirashi-zushi

TWO SPRING RECIPES

Recipe 1: Shortcut Spring Risotto (full recipe)

Recipe 2: Kaori's Chirashi-zushi (full recipe printed below)

3 – 4 servings

This is a popular rice dish for Hinamatsuri or Girls' Day Celebration (March 3) in Japan. It's also commonly made for gatherings and picnics and eaten throughout the year.

Ingredients:

Sushi Rice

- 1.5 cups sushi rice (uncooked)
- 3 – 4 Tbs sushi vinegar (5 Tbs vinegar, 2 Tbs sugar, 2 tsp salt)
- (Optional) 2 – 4 tsp roasted white sesame seeds

Vegetables to mix in the rice:

- 3/4 cup shiitake mushrooms, thinly sliced
- 3/4 cup chopped carrot
- 3/4 cup chopped burdock root
- 2.5 Tbs soy sauce
- 2 Tbs sugar
- 1 Tbs Mirin or sake
- 1/4 cup water

Toppings:

- 1 cup snow peas, loosely packed
- (optional) 2 eggs + a pinch of salt
- 1 sheet of nori, cut thinly with scissors or ripped in small pieces

Steps

1) Cook the vegetables with the seasonings and water until soft and flavorful. Let cool, drain the excess seasoning broth, and set aside.

2) Cook the sushi rice. (If you are cooking rice in a pot, soak the grains for 30 minutes or more and drain once. Cook with exactly the same volume of water, e.g., 1 cup of rice + 1 cup of water, at medium low heat with the lid on. Once it starts boiling, turn the heat to low, let it cook for another 2-3 minutes, turn it off and let the residual heat cook the rice thoroughly for 10-15 minutes.)

3) Blanch the snow peas in lightly salted water and cut them thinly.

4) Beat the eggs with a pinch of salt and make a few thin egg “crepes.” Slice them thinly like spaghetti.

(If you roll up the “crepes” together, it’s easy to slice them.)

5) Sprinkle the sushi vinegar on the warm cooked rice and sesame seeds. Mix thoroughly but lightly. Once well mixed, mix in the cooked vegetables.

6) Spread the snow peas and eggs on top of the rice, and it’s done! Sprinkle the nori on top right before serving.

Other topping ideas: Shelled edamame, lightly salted cooked salmon pieces, sliced avocado, mayonnaise (Japanese-kind recommended) or anything else you can think of!

Enjoy!