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## RMC BOARD OF DIRECTORS TO CONNECT THE DOTS

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Madison — The election of new officers for the RMC Board of Directors has been scheduled for their February meeting. The current president Charlotte Meyer will be stepping down, but has initiated a 4-point plan to guarantee there will be “no unpleasant surprises for my successor.”

“They’re not going to say I should have connected the dots,” Meyer insisted.

Her 4-point plan:

1. Locate the dots.
2. Strategize a system for connecting them.
3. Implement the system.
4. Ascertain whether the dots have anything to do with the store.

Reached by phone for comment, board member Vic Forberger said, “She thinks we can get this done in a month? Hello-o.”

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## RANDY'S SPECIALS

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With the Super Bowl upon us, it's time to start hoarding brats for the Super Bowl. Get 'em now at \$1.99/lb.

After reading Jonathon Swift, Randy has his own *modest proposal*. Randy noticed RMC has plenty of fresh greens — three kinds: baby mixed greens, baby spinach, or baby romaine. “All the greens are babies,” Randy says, “so, buy a bag of these babies and get *one dollar* off a pound of boneless chicken breasts.”



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## RMC HAS A TWITTER ACCOUNT

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Are you up for making the perfect chicken Caesar salad? Check us out on [twitter](http://twitter.com/neighborowned) at <http://twitter.com/neighborowned> for a *Cooks Illustrated* recipe.

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## SUBSCRIBE TO THE E-NEWS

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To get the RMC newsletter, visit the website at <http://www.regentmarketcoop.org> and click on the [newsletter tab](#) at the top of the page. Subscription information and a link to the [form](#) where you supply your e-mail address and name is located on this portion of the website.

## COOKING FROM THE SHELVES OF THE LITTLE STORE

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This week's recipe is from the culinary guidebook "Eat Smart in Sicily: How to Decipher the Menu, Know the Market Foods and Embark on a Tasting Adventure," written by Joan Peterson, who is a Regent Neighborhood resident, and is a former board member of both the Regent Neighborhood Association and the Regent Market Co-op.

The recipe was contributed to Joan's guidebook by Conchera Capadona, whose parents, Ninfa and Vito Capadona, emigrated from Sicily to Madison, Wisconsin, and in the 1930s opened the first Italian restaurant in the Italian-American Greenbush area.

Although this old neighborhood and their original Bunky's restaurant fell victim to an urban renewal project in the 1960s, Conchera's granddaughter, Teresa Pullara-Ouabel, revived the family legacy in 2004. With her Moroccan husband, Rachid Ouabel, Teresa opened Bunky's Cafe, also in Madison, which showcases dishes that combine the flavors of Italian and Mediterranean cuisine.

Joan Peterson is the editor of "Cooking from the Shelves of the Little Store." She welcomes your recipes! Send them to [recipes@eatSMARTguides.com](mailto:recipes@eatSMARTguides.com).

Joan is a world-wide traveler and has written the *Eat Smart* guides to the cuisine of Brazil, Turkey, Indonesia, Mexico, Poland, Morocco, India, Peru and Sicily. Norway is next. She leads culinary tours to destinations she's written about in Europe, Asia and North Africa. But don't be intimidated — she welcomes all sorts of recipes, from the simplest to the most complex.

### ***Ripieno per Cannoli***

#### *Ricotta filling for cannoli*

The recipe for sweetened ricotta cheese (2 1/2 cups) fills 18 medium cannoli or 36 mini cannoli, crispy fried pastry tubes. RMC will have a supply of cannoli pastry tubes.

- 2 cups whole-milk ricotta cheese
- 1 cup heavy cream, whipped
- 3 tablespoons sugar
- 1-1/2 teaspoons almond extract or 1 teaspoon vanilla extract
- 1/4 cup chopped semisweet chocolate or chocolate chips
- candied fruit and nuts (optional)

Mix ricotta cheese with sugar in a bowl and fold in the whipped cream. Add almond or vanilla extract, chocolate or chopped fruit and nuts, and blend well. Refrigerate for 1-3 hours to set the filling. When ready to serve, fill a pastry bag (or a plastic food storage bag with a corner cut off) with ricotta cream and squeeze it into the open ends of each pastry tube. If the shells are filled too far in advance, the cream will soften the pastry, which is best when crispy. Decorate ends with some chocolate chips, chopped nuts or candied fruit.

## **GOOD FOOD, GOOD MUSIC, GOOD NEIGHBORS, GOOD TIMES: THE 2009 ANNUAL MEMBER MEETING AND PARTY**

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Dardanelles Restaurant, Sunday, January 17, 2010 — It seemed more like a party than a meeting. We gathered at the *Dardanelles*, our great neighborhood venue, part restaurant/part community center, thanks to the generosity and neighborly spirit of owner *Barbara Wright*. Thanks to our vendors, there were lots of good things to eat. All the fresh hot pizza or warm ham sliders you could want. The notorious, big, rich RMC brownies and other sweet treats. No one thought of going home to dinner when we wrapped it up at 5:30.

And there was beautiful music by *Nick Moran* and friend *Megan* — an acoustic bass and a silky soprano voice delivering an hour of standards in a smooth, sophisticated duet.

Thanks to Randy's energy and the generosity of many of our vendors, there were lots and lots of door prizes. We could hardly give them all away.

At the meeting segment of the afternoon, we heard about the store's financial health from *Mark Cash*, Board Treasurer, and about the marketing strategies we tried over the past year from *Brad Wolbert*. *Charlotte Meyer*, president, discussed the capital reserve fund drive begun this fall. Look for these reports on the [website](http://www.regentmarketcoop.org) in the near future: [www.regentmarketcoop.org](http://www.regentmarketcoop.org).

We elected two new board members, *Clare Nichols* and *Kent Harris*, and re-elected *Mark Cash* and *Charlotte Meyer* for another term.

### **OUR THANKS**

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For the wonderful food and prizes at the annual meeting, we offer many thanks for the support and generosity of the following local vendors: Connie's Pizza, Just Coffee, Kombucha teas, Madison Sourdough, Clausen's, Oak House, Wild Peace, Goodness Greenness, and Thumann's Meats.

We'd also like to acknowledge our distributors for their generosity: Certco, UWP, MPI, L&L Foods, and Kehee.

Thanks to all of you!

## HOW NEIGHBORLY ARE YOU?

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Has a new family moved onto your street? A new tenant in your building? Why not welcome them into the neighborhood by introducing them to the Regent Market Coop?

Be a good neighbor and take this coupon over. It will give them \$10 off their first visit and a month's free membership. Tell them how to get there, as they might not have noticed the store. Better yet, take them to the store yourself.

### ***Membership certificate discount***

This certificate entitles the bearer  
to \$10 off their first purchase and one month's free membership  
at the Regent Market Coop — the little store at the corner of Regent and Allen.

New neighbor: \_\_\_\_\_ email: \_\_\_\_\_

Recommending member: \_\_\_\_\_ # \_\_\_\_\_

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