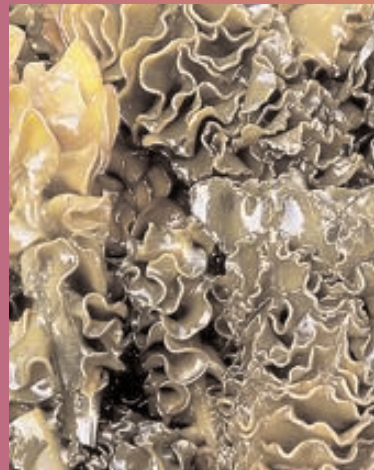




## GROCERIES *what's new*

### ▶ Wakame (*undaria sp.*)

Halal and kosher-certified, this popular seaweed (*at right*) is harvested by Marinova from some of the most pristine waters in the world, including those around Tasmania's Maria Island National Park (*far right*). Marinova is a Hobart-based Australian company and while its main focus is developing medical applications from marine plants, it has made a small quantity available to Alfalfa House. Wakame is the preferred seaweed used in miso soup, although it is enjoyed in stir-fries and salads. Just soak a few pieces in a little water till soft before adding to your favourite dish.



### ALSO NEW THIS MONTH

- ▶ **Maple syrup** – organic, "A" grade from Canada, lighter in colour than the regular maple syrup
- ▶ **Amazake** – brown rice-based

sweetener, used in puddings and baking (see recipe on page 2)

- ▶ **Safe toilet paper** – now made from 100% recycled paper in 6 and 9 roll packs

- ▶ **Homemade jam** – mandarin and plum pine (from a local rainforest tree), made from organically-grown fruit in Ourimbah on the central coast

– Lisa Durante, Groceries Coordinator

## F+V

*what's good in fruit+veg with Dominika Grossy*

- ▶ Early season grapes
  - ▶ all the stone fruit
  - ▶ fennel
  - ▶ butter beans
  - ▶ FD cucumbers (4 kinds)
  - ▶ FD eggplant (Listada di Gandia)
- FD: Farmer-Direct

What's available in fruit+veg is now updated weekly on our website ([www.alfalfahouse.org](http://www.alfalfahouse.org)). Go to the PRODUCTS page and click on 'fruit+veg' under WHAT WE SELL.

## When the taste buds hanker for a holiday . . .

As delicious as all that mango, cherry and pineapple is, and as good as the tomato, green basil and purple garlic are, sometimes you're after something with a more subtle flavour. Here's a quick guide to the less than usual fare in the fruit+veg department at the moment.

**YAKON.** A root vegetable from the Andes, yakon has a texture similar to a nashi pear with a flavour that is sweet yet far more subtle. It's packed with nutrients and very versatile – it can be eaten raw on its own, or chopped into sweet or savoury salads. It absorbs flavours very well, such as the juices in your fruit salad or spices like cinnamon in your muesli, where it's a great substitute for fresh apple. I once steamed it – it retained its crispness – and found it absorbed the flavour of the lightly fried ginger I'd added to the dish! Yakon's sweetness comes from

inulin, a kind of sugar that doesn't take your glycemic index for a ride. Rather, it acts as a probiotic, encouraging the growth of good critters living in your gut.

**DRAGONFRUIT.** A tropical fruit that is a visual and textural feast. Cut one in half lengthways and you have two gorgeous bowls of deep red flesh to scoop out by the spoonful. I recommend taking your time with this one – and breathe through the nose while it's in your mouth to fully appreciate its bouquet. The dragonfruit balances the stronger flavours in this month's recipe perfectly.

**TABLE QUEEN SQUASH.** It's textured like a pumpkin with a milder flavour similar to zucchini or button squash. So it's a substitute for pumpkin when you want to emphasise *another* aspect of your favourite dish. Or when you want the flavour of squash or zucchini in a meal that cooking would turn either into mush.

– Dominika Grossy, Fruit+Veg Coordinator

# NEWS FROM THE SUGGESTIONS BOX

Here's the latest batch from the little wooden box near the breads.

## ► Genmai tea.

REPLY It's not available in bulk and nor is it organic. When we last stocked it it was a slow seller. Members can, however, make a personal order; it's available in 100g packs.

## ► Organic skim milk powder.

REPLY I haven't seen it on supplier lists. Does anyone have a source?

► Melrose hand soap tends to clog drains and clogs the plastic dispensing pumps. Other brands seems better, e.g., Envirocare doesn't clog drains.

REPLY Good to hear. We've had similar reports from other shoppers. However, Envirocare is US-made and distributed from Western Australia and isn't in bulk. I'm looking into a locally-made or distributed Australian-made, bulk alternative.

## ► Organic quark.

REPLY Paris Creek organic quark is back in stock for the moment. We've experienced some difficulties with this product. Sales are sporadic: we stock it, it doesn't sell well, a lot goes to cost price, we discontinue it. I suspect it's not popular because shoppers don't know what it is and what to do with it. (Quark is a type of fresh cheese of Central European origin, traditionally made without rennet. It is soft, white and un-aged; it is not the same as cream cheese, cottage cheese or ricotta. It is often used in sandwiches, salads, and cheesecakes.)

► Peanut oil in bulk. REPLY Now in stock.

► Date and coconut rolls.

REPLY They're back.

► Linden flowers. REPLY I've ordered them.

► Planting posters.

REPLY Now in stock. We also have the 2008 Astrological Moon Planting Calendar poster (at right).

► Bran straws.

REPLY Not available organically as far as I know. Due to processing and the length of time between processing and consumption, the bran's essential fatty acids would have oxidised and could very well be rancid. An alternative would be psyllium husks or linseeds (grind in a coffee grinder).

► All the sliced bread appears to be wheat-based. Could you source some spelt or non-wheat sliced bread?

REPLY We stock a number of non-wheat sliced breads. Naturis (delivered Thursdays) makes spelt, rice and buckwheat loaves and the Dovedale breads (delivered Fridays) are either gluten-free, wheat-free or low wheat.

► Loose Cockroach Lo-line tablets.

REPLY I'll check with our supplier to see if the tablets are available singularly.

► Some shading for the fruit on the window display to prevent the intense afternoon sun affecting the produce.

REPLY A good suggestion, which we'll investigate. Meantime, Dom is placing the less vulnerable fruit closest to the door.

- Lisa Durante



## Recipes OF THE MOMENT

with Nat Jurdeczka

### Amazake delight

WHEAT-FREE. ONE SERVING

- 2-3 tbsp amazake
- 8 tbsp Marook lemon myrtle yogurt
- 1/2 dragonfruit
- Spread yogurt over the bottom of the bowl.



■ Scoop out the whole of the dragonfruit and place upside down in the centre of the bowl.

■ Dollop amazake around the dragonfruit.  
VEGAN OPTION: try vanilla soygurt mixed with the juice of half a lime

FRUIT OPTION: Paw paw

### Sang choy bow

VEGAN. GLUTEN-FREE. SERVES 4

- 1 Iceberg lettuce
- 2-3 cups cooked quinoa
- 2 corn, lightly steamed, slice off kernels
- 3 tbsps sunflower kernels
- 3 tbsps pepitas
- 2 tbsps sesame seeds
- 1 small-medium classic or heritage eggplant, sliced
- 3-4 small purple Italian garlic cloves
- 1 tsp each of ground cumin and coriander
- 5 tbsps tamari
- 3-4 spring onions, finely sliced
- half large fennel bulb, finely sliced
- 3-4 small yellow squash halved, finely sliced
- 1 bunch fresh coriander, finely chopped
- 2 tbsp olive oil
- 2-3 basil stems, chopped finely
- 1 cup garden peas, shelled
- 1/4 cup sunflower or sesame oil
- 2 tbsps apple cider vinegar
- 2 tsps umeboshi vinegar
- 1 tsp mirin
- juice of 2-3 limes
- Dry roast sunflower kernels, pepitas, sesame seeds in a frying pan until light brown, set aside
- In same pan, fry eggplant, garlic, cumin and coriander in olive oil. Add 2 tbsp tamari towards end of cooking and reduce heat.
- Place quinoa, corn, spring onions, fennel, squash, fresh coriander, basil stems, garden peas in a large bowl. Drizzle with sunflower oil, apple cider vinegar, 3 tsp tamari, umeboshi vinegar, mirin, lime juice. Add dry roasted and panfried ingredients. Mix well.
- Place mixture into single lettuce leaves and form little parcels.

## FEED THE NEWSLETTER

This newsletter is your voice and a great way to communicate with other members. Please feel free to send in your hints, tips, ideas, suggestions and recipes to [feedback@alfalfahouse.org](mailto:feedback@alfalfahouse.org)

