

what's new

▶ **Hemp massage oil** – organic, just harvested, from New Zealand, available in bulk from the fridge; also excellent for hair and scalp
PLEASE NOTE: FOR EXTERNAL USE ONLY

▶ **Cacao butter** – organic, raw, from Peru; use in cakes and smoothies, to make chocolate; gives a rich buttery flavour; also can be melted down and used as a skin moisturiser, apparently it's very sensuous!

▶ **Cacao powder** – organic, raw, from Peru; use in place of cocoa powder

▶ **Raw energy bars** – all organic ingredients, high nutrient density, high in protein; varieties: banana-coconut, apple-vanilla-cinnamon, chewy choc fudge (cacao); featuring sprouted then dehydrated cashews and sunflower seeds, and raw ground vanilla.

▶ **Damask rose cream** – all organic facial moisturiser, in bulk, highly concentrated, made in Australia by a naturopath; ingredients: almonds, avocado, fresh rose petal extract, sesame, carrot, rose otto, geranium, calendula, wheatgerm, chamomile, natural vitamin E, coconut oil

▶ **Really raw organic cashews** from Indonesia – just arrived at the suppliers and will be in stock very soon.

How eggs should be

Why our BD googs are in a world of their own

All eggs are not the same, and that applies to free-range as well.

It's all about how the hens are treated and as egg lovers who've tried these

biodynamic eggs can attest, they are in a world of their own.

The eggs come from the Organic Ways farm on the Comboyne Plateau, to the west of Taree, on the NSW mid-north coast. The first thing that's different is that the chooks are really free-range. Although they have barns to roost in, they're free to roam around outdoors to feed on large grass pastures, all under the watchful eye of the farm dog, which seems to make the naturally sensitive hen



less fearful.

The barns are moved around every two weeks to allow the pastures to regrow.

These hens are not fed fish meal to boost their

omega 3 fatty acids, nor is anything artificial added to their diets.

Rather, the deep yellow of their eggs comes from the corn they're fed. And the flavour? Very rich – eating one is, to my mind, the equivalent of eating three conventional eggs.

The farm also cleans the eggs by handwashing them in apple cider vinegar. And the eggs are fresh to the co-op. The farm won't hold them for more than a week.

– Lisa Durante

A GUIDE TO *potatoes*

by Dominika Grossy

- ▶ **DUTCH CREAM** great for mash, makes soft creamy baked potatoes, not suitable for frying
- ▶ **DESIREE** has high water content, great for frying and refrying, makes crispy baked potatoes
- ▶ **KING EDWARD** the classic English roast potato – crispy outside, soft creamy inside
- ▶ **KIPFLER** favoured among potato lovers, amazing taste, especially the skin (scrub clean with brush under water), holds shape well, not suitable for mash.
- ▶ **KESTREL** has white skin and purple eyes with a traditional flavour, good all rounder particularly good for chips and roast spuds
- ▶ **NICOLA** great tasting gorgeous yellow flesh, holds shape well, not suitable for mash; this is a low GI potato, something of a miracle
- ▶ **PONTIAC** has high water content, great for frying and refrying, makes crispy baked potatoes
- ▶ **SEBAGO** the popular all rounder



what's available in **fruit+veg** week to week go to WHAT WE SELL at www.alfalfahouse.org/products.htm

NEW STAFF

Please welcome our new Shop Coordinators. They're quickly getting up to speed on the till, however, they may not know everything about the co-op yet, so if you could be patient as they learn more about the place that would be much appreciated.



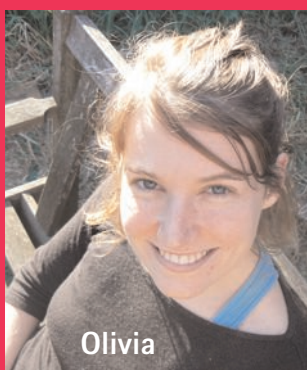
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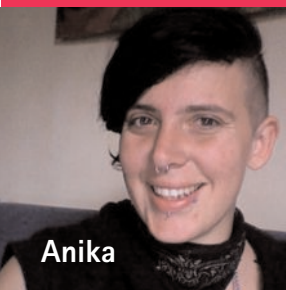
Amity



Gareth



Olivia



Anika

SURVEY WINNER ANNOUNCED

Congratulations to Lisa O'Neill, the winner of our Members' Survey draw for the \$100 open order.

F+V CORNER

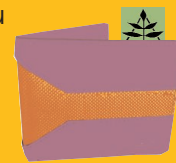
what's good in fruit+veg with Dominika Grossy

- ▶ Massive farmer-direct Hass avocados
- ▶ Asparagus – big and plump
- ▶ Fresh and crunchy snow peas
- ▶ Mushrooms (buttons, flats and swiss brown), without the packaging, all priced per kilo
- ▶ Supreme cherries
- ▶ Early season super tangy Kensington mangoes

A big thank you for bearing with the springtime blues when the whole world seemed to be growing and blooming but not yet quite ready to harvest! Brown onions are back; shallots and leeks are still instore and still amazing. Next pumpkin season is around xmas with a cute little variety called golden nugget.

The little (flexible) green card

When you join the co-op, you receive a little green membership card with your name and membership number on it. It's a good idea to memorise that number or to carry your card with you when you shop. In fact, because of some card abuse, if you don't have your card with you, you may be asked to confirm your name when shopping. And if you don't have your card with you and you can't remember your number, the Shop Coordinator has to look it up on the system. And that unfortunately slows down your time at the till and for those behind you.



While the card is yours, you can allow others in your household to use it to shop at the co-op. If you do, make sure they know your number or whose name the membership is in. If you like, you can add their name to the database so their name appears on the transaction page next to yours. Ask a Shop Coordinator and they'll make the change. You can also make things work better for everyone by familiarising your housemates with how the co-op works, e.g., BYO bags and jars, weighing them before shopping, writing the weight on the container, tightening bin and jar lids after use. Have them read the seven steps on the back of the infosheet you get when you join, or download the infosheet (page 4) on the website (www.alfalfahouse.org/assets/downloads/ah-infosheet.pdf).

all welcome

ALFAFA'S PICNIC DAY

SUNDAY DECEMBER 9 FROM 1PM

ENMORE PARK

(the park with the pool, near Marrickville Metro)

BYO FOOD+DRINK

(and swimmers if you want to take a dip in the pool!)

RECIPE OF THE MOMENT *from Dave Harris*

Gravy, yeah gravy!

Vegan, wheat-free. One serving.



- 1 tbsp kuzu (wild mountain arrowroot)
 - 1 cup water
 - 2 tbsps tamari
 - 2 tbsps hulled tahini
- Dissolve kuzu in half the cold water, add tamari, heat slowly in a small pan over a low flame.
- Place tahini in a separate cup, slowly adding the rest of the water to form a paste. Add tahini to the pan.
- Stir gently till desired thickness, adding more water as required.

Try over roasted and baked potatoes and pumpkin or with any seasonal vegetables. Best served on a beach at sunset from a camp fire! Thanks to the Random Co-op Hoppers who gave me this recipe. It made my recent FN Queensland holiday.

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

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