



Alfalfa House

NEWS



Festive Season

TRADING HOURS

Sunday	Dec. 24	11am-6pm
Monday	Dec. 25	CLOSED
Tuesday	Dec. 26	CLOSED
Wednesday	Dec. 27	1pm-7pm
Thursday	Dec. 28	1pm-7pm
Friday	Dec. 29	1pm-7pm
Saturday	Dec. 30	11am-6pm
Sunday	Dec. 31	CLOSED
Monday	Jan. 1	CLOSED
Tuesday	Jan. 2	11am-7pm

FRESH FRUIT+VEG WILL BE AVAILABLE



AH wins local govt environment award

On November 30, Alfalfa House took out the Waste category in Marrickville Council's 2006 Environment Awards for our long-standing efforts to reduce packaging and minimise waste going to landfill. Pictured FROM LEFT Shop Coordinator Dom Grossy, Marrickville Mayor, Morris Hanna, and Co-op Manager Sarah Cook with the highly-coveted award.

News from the Shop

- ★ The monitor stands at the counter have been replaced with a more adjustable version.
- ★ A new airconditioner has been installed in the storeroom, just in time for summer.
- ★ A new staff roster begins in the new year that will mean more staff to better serve you.
- ★ Look out for some new noticeboards featuring Specials and In-Season Produce.
- ★ We're investigating ways to brighten the shop a little by increasing natural light.

NEW PRODUCTS

■ Tommy Toe's organic chutneys and pickles – made by a family-run Australian business. Varieties include eggplant pickle, fiery tomato chutney, tamarind chutney, piccachilli, mango+port chutney, chilli apple chutney, pineapple relish, fig+apple chutney



■ Spiral crackers and Delicious Dips – gluten-free, wheat-free, oven-baked, no added fats. Varieties include black sesame crackers, white sesame crackers, vegetable rice crackers, brown rice chips, sea vegetable chips (contains wheatgerm), mung bean crackers. Ideal with hummus, babaganouj and tsatsiki

■ Tregeagle coffee – a smooth, pesticide-free coffee from northern NSW, available as beans and ground. You can literally smell the difference

- Raw Nori sheets – certified organic
- Bulk Australian organic Tatura butter – by the kilo
- Organic raw cacao – what chocolate is made from
- Organique chamomile shampoo and lavender conditioner – 95% organic, contains essential oils
- Common Ground Bread – organic sourdoughs with an emphasis on spelt, now available Thursdays as well as Mondays
- Agave – organic, low GI liquid sweetener from the agave cactus, product of Mexico and the basis of tequila. Now in bulk.



AGAVE PLANT

■ More info on products: www.alfalfahouse.org/products.htm

RECIPE Tofu with asparagus+bok choy

- 4 tbsp sesame seeds
- 500g firm tofu, thinly sliced
- 4 tbsp olive oil
- 16 asparagus, cut into 3cm chunks
- 8 yellow squash, thinly sliced
- 1 bok choy, sliced into slivers
- 4cm fresh ginger, finely sliced

Dressing:

- 4 tsp tamari
- 4 tsp sesame oil
- 4 tsp lime juice
- 4 tbsp coriander, finely chopped

- Sprinkle the sesame seeds onto a plate and press the tofu slices into the sesame seeds, to coat. Coat a frypan with half the olive oil and place the tofu pieces on the pan over a medium heat and cook each side until golden brown. Option: Drizzle tamari over the tofu.
- At the same time place the asparagus and squash in an wok oiled with the rest of the oil over a medium heat and toss for 30 seconds. Add the bok choy and ginger and again toss in the oil for a few seconds. Add two tablespoons of water and immediately cover with a lid. Leave to simmer for about a minute and then take the lid off and continue to toss for another 2 minutes.
- Whip all the dressing ingredients in a small bowl. Pile the vegetables and tofu on a plate and drizzle over the dressing.

NEWS FROM THE SUGGESTIONS BOX

► Melrose Organic Worcestershire Sauce. We've checked it out and ordered it for Tuesday December 19 and assuming our supplier has it in stock, it'll be on the shelves.

► Nimbin Organic Block Yellow Non-Rennet Cheese. We stock Highland hard (yellow) cheese. It's organic and contains vegetable rennet.

► Organic Corn Flakes in bulk or even a box. We've asked various suppliers, and none are interested in producing a local version of the classic brekkie cereal. Importing boxes from the USA is stretching the sustainability principle a bit.

News from the co-op's AGM Four in, three to go.

At the co-op's AGM, held across two nights in late November, members elected four to the seven-member Management Committee (the co-op's board of directors). The four are Elmarie Pareezar, Paula Quigley, Ursula Scott and Vivienne Murray. That means there are still three positions to fill. If you're interested in joining the board and helping the policy direction of the co-op, please come along to the next meeting of the Management Committee on Tuesday December 19 at 7pm at the Meeting Room, Newtown Neighbourhood Centre (near The HUB, opposite Newtown Railway Station). All members are welcome to attend, speak and raise proposals.

THE MURAL

We've had a few suggestions for the proposed mural on the side wall, however, we'd love a few more. So, if you're itching to stretch your canvas to the side of a whole building, why not share your thoughts? Please email them to mural@alfalfahouse.org.

How does the co-op stack up price-wise?

A comparison between Alfalfa House and stores in Bondi Junction, Newtown and Rozelle

PRODUCT	Organic food store Bondi Junction	Health food store Newtown	Health food store Rozelle	Alfalfa House Members	Alfalfa House Non-Members
Alpine goat's yoghurt, ea	\$6.45	\$5.50	\$5.95	\$4.88	\$5.43
Highland cheese Pecorino, kg	\$29.95	\$32.16		\$28.30	\$31.45
Jannei goat's cheese	\$9.95	\$8.05		\$7.95	\$8.84
Dried apricots, kg	\$10.95	\$25.95	\$16.95	\$10.71	\$11.90
Sultanas, kg	\$10.09		\$17.50	\$9.57	\$10.63
Flour, Spelt - wholemeal, kg	\$7.75	\$6.90	\$13.80	\$4.83	\$5.37
Flour, Hard - wholemeal, kg	\$4.15	\$2.70	\$2.65	\$1.81	\$2.02
Hulled Millet, kg	\$6.50	\$5.70		\$3.03	\$3.37
Muesli - raw, kg	\$7.95	\$7.90	\$14.74	\$5.80	\$6.44
Soygurt, ea	\$6.95	\$6.00		\$5.71	\$6.35
Tahini, kg	\$15.50	\$9.95	\$6.90	\$8.87	\$9.86
Quinoa, kg	\$15.90	\$16.30		\$7.30	\$8.11
Rice - Basmati, kg	\$8.25		\$14.70	\$6.19	\$6.88
Rice - brown medium, kg	\$4.25	\$5.05	\$8.90	\$3.36	\$3.74
Rice - jasmine, kg	\$5.95		\$9.00	\$4.37	\$4.86
Miso, genmai, kg	\$27.80	\$35.87	\$24.75	\$22.03	\$24.48
Miso, sweet chickpea, kg	\$37.40	\$34.00		\$18.20	\$20.23
Tamari, kg	\$25.98	\$24.00	\$23.00	\$20.34	\$22.60
Kombu, kg	\$96.00		\$110.00	\$91.80	\$102.00
Almonds (biodynamic), kg	\$29.50	\$33.00	\$32.00	\$28.76	\$31.96
Pecans, kg	\$31.00	\$40.00		\$15.91	\$17.68
LSA - 75% organic, kg		\$10.45		\$9.62	\$10.69
Extra virgin olive oil, kg	\$23.90	\$15.90	\$47.00	\$18.36	\$20.40
Sesame oil, raw, kg	\$19.96	\$24.00	\$25.00	\$15.15	\$16.83
Pasta spelt spaghetti, kg	\$17.00		\$11.90	\$13.00	\$14.45
Pasta, spelt spirals, kg	\$23.80		\$23.80	\$14.88	\$16.54
Chickpeas, kg	\$8.95	\$10.30	\$11.00	\$6.80	\$7.55
Lentil red split, kg	\$10.90	\$10.00	\$11.90	\$5.51	\$6.12
Maple syrup, kg	\$38.08	\$36.17		\$31.22	\$34.69
Laundry liquid (Nat Clean), 1L	\$14.75	\$7.95	\$6.25	\$3.00	\$3.33

NOTE. Much of the co-op's stock is in bulk, whereas the stock in the stores we are comparing are mostly packaged. So we can compare like with like, many of the prices have been calculated to give a price per kilo.

OTHER DISCOUNTERS

- Reverse Garbage (Addison Road Community Centre) offers a 30% discount to AH members. ► MAD (Make a Difference, Reverse Garbage's Sustainable Design and Art Centre, 55 Enmore Road, Enmore) offers a 10% discount to AH members. Open Wed-Sun.
- The Bower Repair+Reuse Centre (also at Addison Road) offers a 10% discount to AH members.

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