

Alfalfa  
House

# NEWSBULLETIN

## GROCERIES *what's new*

- ▶ Dried strawberries – organic and plump. Try them soaked in water overnight or straight. Utterly irresistible.
- ▶ Dried black mission figs – organic, rich, deep flavoured. Soaked or straight.
- ▶ Mungalli Creek – biodynamic Ricotta, Quark and Cheddar cheese
- ▶ Tatura butter – organic, unsalted, cheaper in bulk
- ▶ Mayonnaise – locally handmade, all organic ingredients (contains egg)
- ▶ Hepworth's miso – organic sweet rice and chickpea from the Blue Mountains
- ▶ Olives – Kalamata in brine, Kalamata in olive oil and tree-ripened Manzanillo – all in bulk
- ▶ Sunflower seeds – new season, organic
- ▶ Turkish figs – new season, organic
- ▶ Handmade soap – in natural, lemongrass, lavender, rose geranium, peppermint; in a base of cold-pressed oils (olive, sunflower or coconut); for skin and hair (no animal products, fillers, palm oil, detergents, colours); all wrapped in biodegradable cornstarch, cellulose tape, labels made from 100% recycled paper using vegetable dyes.
- ▶ Auroville incense

– Lisa Durante

## *festive season*

### TRADING HOURS

Sunday	Dec. 23	11am–6pm
Monday	Dec. 24	11am–3pm
Tuesday	Dec. 25	CLOSED
Wednesday	Dec. 26	CLOSED
Thursday	Dec. 27	11am–7pm
Friday	Dec. 28	11am–7pm
Saturday	Dec. 29	9am–6pm
Sunday	Dec. 30	11am–6pm
Monday	Dec. 31	11am–3pm
Tuesday	Jan. 1	CLOSED
Wednesday	Jan. 2	11am–7pm

FRESH FRUIT+VEG AND SONOMA BREAD WILL BE AVAILABLE. HOWEVER, DAIRY SUPPLIES WILL BE LIMITED.

*Happy 19th birthday to Alfalfa House for December 23*

## F+V CORNER

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

Well, there's so much I can't decide. However, you can't go past these gems.

- ▶ Uncertified organic FD blueberries
- ▶ Cherries
- ▶ White nectarines
- ▶ Wilson plums
- ▶ Asparagus
- ▶ FD green beans
- ▶ FD rainbow chard
- ▶ FD green basil
- ▶ FD Russian garlic
- ▶ . . . and returning to the spiral Broadbeans
- ▶ . . . and returning to the fridge Alleppey turmeric

FD: farmer-direct

## *Good response to name call*

**W**e've had a good response to our call in the last eNews for members to have the names of others in their households recorded in the database to make shopping easier and faster. If you haven't done so and would like to add the name of a member of your household to the database, ask a Shop Coordinator or email the names and your member number to [info@alfalfahouse.org](mailto:info@alfalfahouse.org). Your housemates will still either have to know the membership number or whose name the card is in and may be asked to confirm their name. To avoid delays and any awkwardness, suggest they either memorise your number or carry it on a piece of paper in their wallet or purse. In fact, it's best for you to either carry your membership card when shopping or memorise the number. Again, it speeds things up at the till. Thanks everyone.

what's available in **fruit+veg** week to week, now in WHAT WE SELL at [www.alfalfahouse.org/products.htm](http://www.alfalfahouse.org/products.htm)

# RECIPES OF THE festive season

a celebration of  
orange and crimson



■ Allow to cool and place on a bed of rocket and/or other leafy greens, drizzle a little balsamic vinegar and extra oil if desired and sprinkle a little pepper to taste. Add avocado tossed in lemon juice to prevent browning. Serve immediately. OPTION: Add steamed cooled broccoli or green beans.

– Caroline Harris, Dave's mum

## Barszcz Czerwony

(Polish beetroot soup)

VEGAN, WHEAT-FREE

- 2 large beetroots
  - 1 vegetable stock cube
  - heel of a sourdough loaf
  - clove garlic
  - 1 tsp salt
  - black pepper to taste
  - Slice beetroot, place in a jar, add enough water to cover. add garlic and the heel of a sourdough loaf. Leave at room temperature with the lid on. It will go jelly-like after three days. Stir it, then store in the fridge. This is your barszcz base; it will store for months in the fridge.
  - Pour some of the base into a soup-size saucepan (how much depends on how thick or thin you like your soup), add water, stock, pepper and heat.
- OPTIONS: lima beans,\* potatoes,\* hard boiled eggs,\* fresh parsley (\*cook before adding to soup)

– Dominika Grossy

## Kumera salad

VEGAN, WHEAT-FREE. SERVES 4

- 1.5kg kumera (orange sweet potato)
- rocket and/other other greens
- oil for roasting
- 3 large avocados, sliced or cubed
- 1 tsp salt
- Cut sweet potato into chunks. In a large mixing bowl, toss with oil and salt. Place chunks in an oiled roasting pan and roast in a 190°C oven for 45 minutes until soft (use a fork to test). Turn with spatula a couple of times during roasting.

## German plum cake

- 120g butter
- 120g sugar
- 2 eggs
- 1.5–2kg ripe plums
- milk as required
- pinch of salt
- 300g plain flour
- 2 tbsp baking powder
- Extra flour and butter for the tray, extra sugar and butter for the top
- Remove stones from plums, cut into sixths, set aside
- Preheat oven to 200–220°C
- Beat butter until creamy and starts forming peaks, add some of the sugar and beat until mixed though. Add 1 egg and beat before adding the rest of the sugar and the other egg. Beat until creamy and light. Combine baking powder and flour and gradually add to the mix along with enough milk for the mix to be moist.
- Grease large 30cm square flat tray with sides and line with flour. Pour cake mix onto tray and spread to form base and sides. Gently place plum pieces onto the cake mix semi-standing up – lean first row against side of tray, then lean the next row onto the first and so on. Make sure they are close together.
- Bake for 30 mins then remove; plums should be melted. While cake is still hot, sprinkle top with sugar and dot with little specks of butter. Let cool. Serve with whipped cream. The fruit on top tastes tart while the base is sweet.

– Monika Baumann

## Cranberry-vanilla vodka

(Infusion)

- 1 bottle vodka
  - 2–3 vanilla pods
  - generous handful dried cranberries
  - Set aside a little of the vodka.
  - Slice pods length-ways and open before slipping them into the bottle. Add cranberries.
  - Seal bottle tightly and store in a dark place for at least a week, although it tastes good after a few days. The longer you leave it the stronger the flavour.
  - Chill before serving. Enjoy straight, over ice, or with soda water.
- OPTIONS: other dried fruits, herbs and spices or mix with organic sparkling juices available at Alfalfa House.



## Ume-kuzu hangover cure

ONE SERVING

- 1 umeboshi plum or 1 tsp umeboshi paste
- 1 heaped teaspoon kuzu
- tamari, to taste
- 1 tsp ginger root juice (grate, then squeeze)
- Bring cup of water to simmer in a small saucepan. Add umeboshi, simmer covered over low heat for ten minutes. Add tamari.
- In a cup, mix kuzu with a little cold water until dissolved, add to saucepan. Stir constantly with a wooden spoon. It will turn translucent once it starts to thicken. Stir another minute, remove from heat. Once cooled enough to drink, add ginger.
- Drink the liquid and eat the plum.
- If all this is too much, just eat an umeboshi plum, drink lots of water, and go back to bed!

– Amity Lynch, the drink and the cure

Wishing everyone a happy and rewarding holiday season. From the Board and staff at Alfalfa House XX

## 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)

