



GREAT GIFT IDEAS • SPONSOR A BIN AND WIN! • GIFT VOUCHERS

festive season

TRADING
HOURS

Tuesday	December 23	11am-7pm
Wednesday	December 24	11am-7pm
Thursday	December 25	CLOSED
Friday	December 26	CLOSED
Saturday	December 27	11am-3pm
Sunday	December 28	11am-3pm
Monday	December 29	11am-3pm
Tuesday	December 30	11am-3pm
Wednesday	December 31	11am-3pm
Thursday	January 1	CLOSED
Friday	January 2	11am-7pm

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

RECIPE OF THE MOMENT: Festive fruitcake

Adapted by Jo Rose from a recipe
by Nigel Slater

If you don't have hordes of guests for Xmas day, this small, rich fruitcake is bound to delight. You can use any dried fruits so let your imagination go wild. Alfalfa House stocks a cornucopia of dried fruits including dates, prunes, currants, raisins, sultanas, apricots, pears, cranberries, nectarines, cherries, apples and peaches. For a more tropical flavour, try figs, bananas, mangoes and pineapples.

- 450g dried fruits, chopped
- 3 tbsp brandy or whisky
- grated zest and juice of small orange
- 125g butter
- 125g brown sugar
- 2 eggs

- 70g hazelnuts or macadamia nuts
- 40g ground almonds
- 125g plain flour
- 1/2 tsp baking powder
- pinch each of ground cinnamon and ground nutmeg, a tiny pinch of allspice

- The day before, chop larger fruit and place all fruit in large bowl. Add orange zest, juice, cover with brandy, stir gently. Give fruit another stir in the morning. (Non-alcoholic version: cover with 3 cups dark grape juice, delete sugar.)
- Preheat oven to 160°C. Line 11cm square cake tin twice with baking paper, which should be at least 5cm above the edge of the tin to help ensure the cake doesn't overcook on the bottom.
- Cream butter and sugars until fluffy. ■

- Break eggs into a small bowl and mix thoroughly. Add eggs a little at a time to butter/sugar mix. If mixture curdles slightly (probably will) mix in 1 tbsp or two of the flour. Add nuts to the mix.
- Mix flour, baking powder, spices well.
- Add flour one heaped tablespoon at a time, to the butter/sugar/egg mix.
- Gently fold in fruit mix.
- Spoon cake mix into cake tin. Place on bottom shelf of oven. Bake for 60 mins. (Don't open oven door to check!)
- Reduce temperature to 150°C and cook for 90 minutes. Check occasionally - if browning too quickly place piece of paper or foil over the top.
- Remove cake and let cool. When cold, wrap it, still in its paper, in foil and leave in a cool place.

ANYONE GOT A HIGH PRESSURE HOSE AND A UTE?

We're about to start sprucing up the front of the shop and we'd like a high-pressure water nozzle and a hose that could reach from our backyard to the front of the shop. Does you have one we could borrow? And a ute to move a long ladder? If so, could you email info@alfalfahouse.org? And if you'd like to help blitz the front, we'd also love to hear from you. Thanks.

**NO URBAN ORCHARD
IN DECEMBER**
NEXT ONE: SATURDAY JAN. 31
10AM-NOON AT THE CO-OP

LOOKING FOR SOMETHING A BIT DIFFERENT THIS FESTIVE SEASON? WELL, HERE ARE A FEW HELPFUL SUGGESTIONS.

Loving Earth Raw Coconut & Chocolate Butter

A rich, decadent, organic fairtrade butter loaded with nutritional goodies. All the anti-bacterial, anti-fungal properties of coconut oil combined with the minerals of agave syrup and the antioxidants of cacao powder. Spread it on toast, on an apple, banana, strawberries or dried mango. Put the jar in a bowl of hot water and use as a topping on desserts or an indulgent dipping sauce. Blended with warm water or your favourite milk makes for a delicious hot chocolate.

Wild Hibiscus Flowers in Syrup

These make a great festive season party treat! Simply place a whole Wild Hibiscus Flower in the bottom of a champagne flute, pour in some syrup and fill up with bubbly. All the bubbles steam off and they open up the flower. You can eat the flower which has a delicious raspberry and rhubarb flavour. The jar also comes with instructions for 7 fabulous cocktail treats and you can try the flowers with non-alcoholic drinks as well, such as the various lemon worts. You can also use the flower and syrup to decorate cakes and desserts.

Blue Moon Tea Blend

Curl up and sip away the festive season stresses and craziness with a nice cuppa of our new blue moon blend tea. Made of all organic chamomile, peppermint, lemon balm, corn flowers and rosemary it makes an ideal bedtime drink and helps settle nervous tension such as anxiety, mild depression, restlessness and irritability. Also check out our other delectable tea blends: Aniseed Delight Tea, Hibiscus/Rosella Flowers, Lemon Drift Blend, Ginger Bliss, and Heavenly Blend.

GIFT VOUCHERS

They're \$20 each.
Add one or more
to their stockings.
Just ask at
the counter.

Add a fresh touch to the table with

cherries, mangoes & mangosteens



HOW ABOUT AN EASY-TO-MAKE FESTIVE HAMPER?

Fill it with such treats as Loving Earth Raw Chocolates, the Coconut & Chocolate Butter, Lloyds Grape Juice, choc-coated fruits and nuts, indigenous jams, a tub of macadamia butter, Manuka honey, yacon syrup. Why not wrap dried fruit, especially Medjool dates and mangoes or nuts such as cashews, macadamias and tamarind almonds or granola or toasted muesli in cellophane and tie with sticky tape. You could also add a made-up jar of Simplicity 1-step Exfoliator and a few cakes of coloured soap. There's no stopping you once you start.

Sponsor a bin and win!

For a lot of us the bulk bins aren't always the most enjoyable part of shopping at Alfalfa House. But it could so much better and a lot of that has to do with the type of bulk bin, in particular those big plastic greyish white bulk bins. It's time for a makeover. We'd dearly love to replace them with see-through gravity-feed bins, where you put your container under the slot, lift the lever and out comes the product. These bins would be far more efficient to use, more hygienic and you'd be able to see the product more clearly. We can also improve product labelling. Now, this is going to cost and as you know, the co-op isn't made of money. So we're launching a Sponsor-A-Bin drive and it's affordable if enough of us get behind it. As well there are prizes.



AN ARTIST'S
IMPRESSION
OF A GRAVITY
FEED BIN

THIS IS HOW IT WORKS: *Sponsor a bin for \$20 and you'll receive one ticket in our Guessing Competition, \$50 and it's three tickets and one Extra Discount shop (25% off) and for \$100 it's four tickets and two Extra Discount shops. Or you can just buy a ticket in the comp: \$3 each or 4 for \$10. All tickets go into the draw to win one of three Holiday Hampers, valued at \$75, \$50, \$30 each. Entries close just before the draw from the hat, which will be in the shop at 2pm on Monday December 22. Tickets and sponsorships are available at the co-op. By the way, the Sponsor-A-Bin drive doesn't end on the 22nd; it'll continue till we reach our goal of replacing all the big bins. And the Extra Discount shops will apply on the \$50 and \$100 sponsorships.*

FOR MORE INFO ASK AT THE COUNTER. *Thanks.*