



what's new

THIS MONTH

- ▶ Peanut Butter crisis
- ▶ Melon sorbet

You may have noticed two large dark bottles lurking next to the dried fruit jars. One is Colloidal Silver, the other Stabilised Electrolytes of Oxygen, both with a host of varied uses.

Colloidal Silver (CS) is made up of tiny particles of pure silver suspended in distilled water through which a small DC current has been passed. Silver has long been used as a bactericide. Silver coins were commonly dropped into vessels to prevent the spoilage of milk and other liquids, and silver containers were used to prolong the freshness of food.

Throughout the 1920s, '30s and '40s, silver was ground to a fine powder, suspended in water and used orally for numerous infections and diseases, topically on burns, and for fungal infections. Silver-based creams such as silver sulfadiazine have been used in burn centres for more than a century.

Prior to 1938, CS was produced by pharmaceutical companies and widely used by physicians as an antibiotic.

Silver gets the gold

However, producing CS was costly and the pharmaceutical industry developed fast-acting, less expensive sulphur drugs and penicillin.

Whilst CS advocates claim there are therapeutic benefits associated with the ingestion of CS, Alfalfa House makes no claims as to its efficacy as a therapeutic product. However, it can be sold as a dietary supplement, provided we don't claim specific health benefits.

CS does, however, have a thousand and one household uses. It can be used to purify water to drinking quality; sterilise everything from toothbrushes to surgical instruments; disinfect dishcloths, cutting boards, telephone mouthpieces, headphones, fridges and food storage

containers to stop mildew, mould, wood rot and fungi. It can also be used as a mouthwash; to ease nappy rash; rinse fruit and vegetables; clean bathrooms, kitchens, floors, bedding, and so on. The US Environmental Protection Agency has approved it as a disinfectant for hospitals and medical centres.

Stabilised Electrolytes of Oxygen (SEO) are formed when an oxygen molecule is bonded to an electrolyte in order to stabilise the oxygen. SEO, which is a colourless, tasteless liquid, can be used to purify water; destroy viruses, bacteria, protozoa, fungi and parasites; boost energy levels; help control mouth infections; increase oxygenation to the lungs that may help smokers wishing to stop smoking; reduce blood pressure, varicose veins; improve diabetic conditions, diarrhoea, digestion; and help ease conditions such as sinus, eczema, psoriasis, skin cancer, cold sores, asthma, colds and the 'flu.

SOURCES Wikipedia/www.oxygen4life.info

F+V

what's good in fruit+veg with Dominika Grossy

- ▶ The creamiest, most amazing FD chokos you've ever met.
- ▶ Four FD heirloom varieties of eggplant – Black Bell, Black Bounty, Listada di Gandia, and Rosita
- ▶ Three varieties of pears – Williams, Buerre Bosc, and China. The China pears are similar to the Nashi, but with a tougher skin, so peel them first. They're also excellent

for baking.

- ▶ Seedless grapes – Sultana and Crimson. And seeded grapes are too not far away.

FD: Farmer-Direct

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

what to do WITH WHAT'S HOT

Autumn salad

Serves 1-3, depending on how much you like salad!

VEGAN, GLUTEN-FREE, RAW

- 3 pears (Buerre Bosc is best although Williams is almost as good)

- 1 bunch rocket

- a generous handful or two of pinenuts

- chop the rocket and pears
- place in bowl(s)
- sprinkle pinenuts on top

Choko steak

by Colin Amos*

- slice a choko lengthwise and steam till cooked through, but still firm

- grill with a smear of miso and a slice of cheese on top
- add crushed walnuts on top (my addition)

*Colin is one of our FD farmers from the Comboyne and he grows our chokos. He suggested vegemite but miso is probably a better option. I'm sending him some miso so he can try it – he'd never heard of the stuff.

Happy eating, Dom

Things we do!

If change is the only constant, then Alfalfa House has an abundance of both. Sometimes it's fast and furious, whilst on other occasions it's gradual and evolutionary. Here's a short list of some of the newish stuff from your favourite food co-op.

- ▶ There are now bread displays using colour photographs to help customers more readily identify our array of breads.
- ▶ We've insulated the counter area so the sweets and staff don't get too hot under the collar from the afternoon sun pounding on the side windows.
- ▶ In the backyard we've installed shade cloth sails to protect staff on breaks and incoming deliveries.
- ▶ The kitchen, toilet basin and mop buckets all now have their own dedicated hot water taps.
- ▶ The Point of Sale computer system can now show the names of other household members sharing a member's card number. It will also allow price checks that are inclusive of GST.
- ▶ The products database has been upgraded so it can record details such as country of origin, whether a product is gluten-free or vegan, nutritional information, ingredients, home storage, preparation and cooking. It will help staff answer customer inquiries. It also can collect information for staff on the most effective ordering, shop display and storage. This will help us capture all the valuable information swimming around in the noggins of knowledgeable co-op staff. However, it will be a long and progressive process given that we have over 700 products.
- ▶ Our old shop air conditioner pumped out it last cold air late last year, so we've lashed out on a 'new you beaut' model.
- ▶ We have a blackboard for the till area on the drawing board, so that the Produce and Groceries Coordinators can keep customers up-to-date with what food is in season, why we're no longer stocking something, and so forth.
- ▶ We are in the midst of revamping our volunteer program so we can help improve the co-op and provide more organised opportunities for members to increase their buying discount.

And there's more to come. If you want to be part of change at Alfalfa House we encourage you to contribute as a random or regular shop volunteer, or even take up one of the spaces open on the Management Committee. Or simply drop your ideas into the little timber suggestions box next to the breads.

See you in the shop
Warren McLaren, Co-op Coordinator

PEANUT BUTTER FACES CRISIS

The co-op has run out of Australian organic roasted peanuts to feed the peanut butter making machine. We can't get any more until March 2009. We can get standard (i.e., conventionally-grown) roasted peanuts, but want to be guided by our members whether to or not. So, next time you're in the co-op why not pop your suggestion into the wooden Suggestions Box near the breads or email me (groceries@alfalfahouse.org). There's another option: we could ditch the peanuts in favour of freshly-ground roasted organic cashew butter. Let us know what you think.

Lisa Durante, Groceries Coordinator



THE MANGO IS BACK
NEW SEASON'S ORGANIC DRIED
MANGO FROM THE NORTHERN
TERRITORY HAS MADE A WELCOME
RETURN TO THE CO-OP.

Recipe of the moment

WITH GARETH ELLIOTT

Melon sorbet

WHEAT-FREE, VEGAN. TWO SERVINGS

- 50g Rapadura sugar
- 2tbsp honey
- 1tbsp lemon juice
- 4tbsp water
- a medium rockmelon, about a kilo
- Place honey, lemon, sugar, and water in a saucepan and heat gently until the sugar dissolves. Bring to the boil for 1 minute; don't stir. Should form a syrup. Set aside to cool.
- Cut rockmelon in half, scoop out flesh, keeping the shells intact. Place shells upside down on a paper towel to drain, then place in the freezer.
- Blend flesh in blender/food processor until smooth (no lumps). Place blend in mixing bowl, add sweet syrup. Mix together and chill until very cold.
- Transfer mixture to a container and freeze for 4 hours, blending mixture at least twice in this time to break up any ice crystals. Will ensure a very smooth texture.
- Pack the sorbet back into the melon shells and level the surface with a knife. Freeze the melon shells and sorbet overnight until firm.
- Serve as is or cut each melon half into 3 wedges and garnish with crushed ice and mint. Enjoy.

Gareth suggests the sorbet goes pretty well with gin, but probably better with vodka.

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

