

# what's new

**THIS MONTH**

- ▶ Things we can all do
- ▶ Baked banana

- ▶ Red and Black quinoa, both organic and from Bolivia
- ▶ Australian dried apricots. Organic NEW SEASON



▶ Earnest Bean organic olive smoked tofu dip. Made from organic soybeans, filtered water, nigari, sea salt, natural wood smoke, organic Kalamata olives, organic garlic, olive oil, capers, lemon juice, black pepper. Gluten-free, vegan, no GMOs, not pasteurised, and no aluminium cookware has been used in its preparation.

▶ Black turtle beans, organic, from China

▶ Truly raw cashews, organic, hand-peeled, from Indonesia. NEW SEASON

▶ Pomegranate juice, certified organic and kosher, 100% first-pressed juice, in litre glass bottles, from southern Turkey (in the northern part of what was historically Mesopotamia) and from where the fruit originates. MORE AT [www.foundorganic.com.au](http://www.foundorganic.com.au) (best if you have a fast internet connection)

▶ Olive oil soap, made from 75% olive oil, salt and caustic soda

▶ Podocarpus (Black Pine) and mandarin marmalade, made from podocarpus, mandarins, sugar, water and pectin. (The fruit is grown organically at The Sydney Rainforest on the NSW central coast.)

▶ Yellow mustard seeds, organic from India, located with the sprouting seeds

**BREAD DELIVERY DAYS**
**MONDAY**

Bill's, Common Ground

**TUESDAY**

La Tartine

**WEDNESDAY**

Sonoma

**THURSDAY**

Naturis, Common Ground

**FRIDAY**

Sonoma, Dovedale

**SATURDAY**

La Tartine

**SUNDAY**

Sonoma



what's good in fruit+veg with Dominika Grossy

- ▶ FD feijoa, which is like a guava, however, don't eat the skin as it's very astringent
- ▶ lychee
- ▶ mangosteen
- ▶ quince
- ▶ young ginger
- ▶ golden kumera
- ▶ FD trombone gramma – great for desserts especially

pie, or for a sweet curry

FD: Farmer-Direct

■ What's available in fruit+ veg is updated regularly on our website ([www.alfalfahouse.org](http://www.alfalfahouse.org)).

Go to the PRODUCTS page and click on 'fruit+veg' under

WHAT WE SELL.

## How to do

### Quince paste

VEGAN, GLUTEN-FREE

- 2 kg quince, washed, peeled, cored and chopped roughly
- 1 vanilla pod, split
- the zest of a small lemon (cut into strips, so it can be fished out easily)
- 3 tsps of that lemon's juice
- sugar, how much depends . . .
- Place quince in large pot, cover with water
- Add vanilla pod, lemon zest and bring to boil, reduce to simmer and cover. Cook until quince pieces are tender (test with a fork)
- Strain water, remove vanilla pod but keep lemon zest with the quince
- Blend quince and return to large pot, add sugar (one cup for each cup

of blended quince, although I would encourage less) and simmer over a medium-low heat, stirring with a wooden spoon until sugar is dissolved completely

- Add lemon juice
- Let sit on medium-low heat for 60-90 minutes, stirring occasionally
- The paste will turn very thick and a gorgeous orange-pink
- Preheat oven to 52°C
- Spread paste evenly across a baking pan lined with greaseproof and a thin coat of butter or solid coconut oil. Bake for an hour.

Allow to cool  
 Serve cut into squares or wedges  
 The Spanish call this paste Membrillo and traditionally eat it atop a type of cheese called Manchengo.

Happy eating, Dom

## Going grey?

I was concerned to see colloidal silver on sale, and promoted in the eNews, without any warnings about the risks of excess consumption. At our hospital we have treated two patients with argyria (permanent grey skin discolouration and systemic illness) from drinking too much colloidal silver, i.e. more than one glassful per day. Any chance of having a little warning sign on the bottle in the store?

*Suzie Ferrie, Critical Care Dietitian  
Royal Prince Alfred Hospital, Camperdown*

Reply: The way we make our ionic colloids, it is not possible to take too much. Using a charge of 15,000 volts, any portion the body does not use is released the next time one urinates. The reason someone's skin might turn grey results from poorly-made elements that have salts or oxides added. Our colloidal silver contains none of that. We don't cut corners. It isn't necessary nor ethical. The colloidal silver in the co-op is safe. If someone is regularly taking a glass of silver they are silly. It is not necessary with elements of this quality. They may have been misinformed or may be using a lower quality and wanted to feel something by taking more. Between 10–20ml is generally plenty for good maintenance and effect. People can safely use a larger dose short-term if they are detoxing or wishing to rid the body of candida, but then resume a smaller dose once things are in balance.

*Kent Steedman, supplier of the Colloidal Silver*

## Recipe of the moment

WITH CHRISTINE ACKERS

### Baked bananas

WHEAT-FREE, VEGAN. TWO SERVINGS

- 4 Cavendish bananas
- 1tbsp coconut oil
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1/2 cup citrus or pomegranate juice
- Slice bananas in two, length-wise, and place in an oiled baking tray.
- Drizzle juice over the bananas and sprinkle with spices
- Bake in a moderate oven (150°C) for 30 minutes.



Warning: when the liquid at the bottom of the baking dish begins to bubble, the whole caboodle can quickly rise up and bubble over into your oven. Burnt fruit is a devil to clean. My advice is to let some of the heat out of the oven before turning the temperature down. Or you could check the tray after 20 minutes.

- Serve as is or with your favourite yogurt or cream or with a chilled puree of plums and the juice of half a lemon.

\* Cavendish are preferred over Lady Fingers, which lack the kind of consistency for baking. Try the cost-price tray!

The original recipe from the 1950s calls for butter, brown sugar, honey and rum. If you're feeling particularly decadent or have a hideously sweet tooth you could play with these classic ingredients – as if the bananas aren't sweet enough!

## Things we can all do...

While you aren't required to work to maintain your membership, the co-op does rely on voluntary work to run smoothly. Apart from the good feeling that so often comes when we freely give of our time, there's a significant in-kind reward for those two hours. The 25% discount can be worth as much as \$15 an hour, when you do a \$200 shop. However, it's not all about the money. There are plenty of different jobs from which to choose. And some are just plain no-brainers: when you're busy in paid work that requires you to think all day, a number of our volunteers have said it's such a pleasure to be doing something that's a bit physical and that doesn't require a lot of mental effort for a change! So what kinds of jobs can you do around the co-op? Well, here's a sample:

- refill tubs and containers as they get low in the shop;
- make up special mixes such as chai tea and muesli;
- add more fruit and veg to the spiral and displays;
- unpack deliveries and move them into the shop or storeroom, and repack stock into different containers;
- design or build shop fittings and other renovations;
- sort compost into tubs for delivery in your own vehicle to Marrickville's community garden;

- work in the garden and/or tidy the backyard;
- clean floors, shelves and windows, and wash and wipe out empty tubs;
- crush and/or stack cardboard and/or styrofoam boxes, wash and hang large plastic bags in the backyard to dry;
- cut up food scraps for the wormfarms, feed worms, decant worm juice in donated containers;
- file paid invoices and archive files, and general administration, including folding membership info sheets;
- sew customer carry bags from calico flour bags;
- enter data on our computers;
- undertake product research;
- undertake general database development and maintenance;
- write articles, recipes for Alfalfa's eNews and website as well as for external magazines and websites;
- help out on promotional events, such as Feastability, Live Green, Cruelty Free;
- come to the monthly Management Committee (MC) meetings or join the MC (positions are often available) and help provide general oversight and strategic direction.

### 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)

