



GROCERIES

Amaranth

THIS MONTH

- ▶ My vollie shift
- ▶ Genevieve's classic pesto

Amaranth is grown on a small-scale in parts of Mexico, Guatemala, Peru, India, and Nepal. It grows quickly, is easily harvested, produces a lot of fruits (and thus seeds) which are used as grain, and is highly tolerant of arid environments and poor soils. It was one of the staple foodstuffs of the Incas, and also used by the ancient Aztecs and other Native Americans in Mexico to prepare ritual drinks and foods. To this day, amaranth grains are toasted much like popcorn and mixed with honey or molasses to make a treat called alegría, which literally "happiness" in Spanish.

NUTRITION. Amaranth is an exceptionally complete protein. At between 15–18% protein and containing the amino acids lysine and methionine, amaranth's amino acid/protein profile is even higher than that found in meat and other animal products. Amaranth provides a good source of dietary fibre as well as iron, phosphorus, copper, and especially manganese. It contains more calcium and the supporting calcium co-factors – magnesium and silicon – than milk. It has a cooling thermal nature, a bitter sweet flavour, it dries dampness and benefits the lungs. Several studies have shown that like oats, amaranth seed may be of benefit for those with hypertension and cardiovascular disease; regular consumption reduces blood



pressure and cholesterol levels, while improving antioxidant status and some immune parameters. It is especially helpful for those with consistently elevated nutritional needs such as pregnant and nursing women, children and those who do heavy physical work. Health workers

have reported that in parts of Africa and Latin America where it is eaten, there is no malnutrition. While amaranth is nearly twice the price of grains such as rice, it is a concentrated food and is as such excellent value for money.

HOW TO USE AMARANTH. In breads, cakes, soups, as a hot cereal (excellent with quinoa and with brown rice), or added to pancake mixes. Prepare as you would brown rice: 1 cup of amaranth to 1.5–2.5 cups of water, bring to boil, simmer 20 minutes till the water is absorbed; will yield 2 cups. You can also pop it like popcorn or sprout amaranth and use in salads.

SOURCES Wikipedia, *Healing with Wholefoods* by Paul Pitchford

LINKS www.prodigyweb.net.mx/centeotlac/eng/default.htm
<http://chetday.com/amaranth.html>



what's good in fruit+veg
with Dominika Grossy

SUMMER PRODUCE ON ITS WAY OUT

- ▶ **TOMATOES** Roma and Gourmet are both still remarkably good though we have travelled quite some time since the end of summer. As their flavour diminishes and the price rises they will disappear from the vegetable spiral. Prepare yourselves!
- ▶ **CUCUMBERS:** English, tougher skinned Greek, and the favoured Lebanese.
- ▶ **CAPSICUM,** both red and green.
- ▶ **LIMES** are just about finished.
- ▶ **PASSIONFRUIT** is so good right now!

WHAT'S GOOD NOW

- Eat them till you're sick of them because they won't be around again until next autumn or, if we're lucky, late summer.
- ▶ **PLUMS.** This last lot of Ruby Red are magnificent!
 - ▶ **PEARS.** We have William bon Chretien and Buerre Bosc.
 - ▶ **GRAPES.** Seedless Crimson and seeded Black America are pure goodness.
 - ▶ **KIWIFRUIT** has a very limited season in Australia. Hopefully the crop will continue another two months. Enjoy them while you can!
 - ▶ **TABLE QUEEN** and **PIMPLY SQUASH** are so very close to the end of their season. Roast a Table Queen or peel a Pimply and make lovely soup.

APPROACHING THEIR MAGNIFICENCE

- ▶ **BROCCOLI** and **CAULIFLOWER** already

have super-tight florets and that broccoli should begin to show hints of blue and purple any week now.

- ▶ **APPLES APPLES APPLES** – winter is coming!

EXCITING NEW ARRIVALS

- ▶ Lots of **CITRUS!** **NAVEL ORANGES** will be back soon and already here are **RUBY RED GRAPEFRUIT** and three varieties of **LEMONS** – Eureka, the native Bush Lemon and Lemonades.
- ▶ **BRUSSEL SPROUTS** and soon **CABBAGE** so dust off that sauerkraut recipe.
- ▶ I hope you've been enjoying all those new season **SPUDS!** Roast them for Genevieve's magic pesto recipe (page 2). For those with a sweet tooth, try roasting a Gramma or better yet make a Roast Gramma Soup (if it lasts once you've fished it out of the oven).

DAIRY DELIVERY DAYS

MONDAY

- Cleopatra milk
- Ivy Home milk

WEDNESDAY

- Barambah milk, cheese, yogurt, cream
- Janneii Goats milk, yogurt, cheese
- Highland cheese
- Marrook Farm yogurt

THURSDAY

- Meredith yogurt, cheese

FRIDAY

- Paris Creek milk, yogurt

Management Committee

meetings are the fourth Wednesday of the month at 7.30pm at Black Rose 22 Enmore Road Newtown. All members are welcome.

Recipe of the moment

WITH GENEVIEVE DERWENT

Autumn pesto

The advent of the cooler, wetter weather has helped the herbs and leafy greens in our garden thrive so we've been taking advantage of the abundance with this great pesto.

WHEAT-FREE, VEGAN. TWO SERVINGS

- 4-5 handfuls mixed greens and herbs – basil, parsley, rocket, nasturtium leaves
- 2 cloves garlic, chopped roughly
- pinch sea salt
- juice of half a lemon
- 2 small handfuls almonds and pinenuts, chopped roughly
- Extra virgin olive oil
- Toast the nuts until golden brown.
- Roughly tear the greens.

■ In a mortar and pestle, grind garlic with some oil until garlic is well mashed. Add torn leaves and nuts and grind, adding more olive oil as needed. Once it's all ground together, add lemon juice and salt.



Of course, you can whizz it up in a food processor, however, I love the hands-on aspect of the mortar and pestle as it inevitably ends up more chunky and less refined.

It's delicious served with roasted or chargrilled vegetables, mixed through pasta or on a slab of Sonoma spelt bread with a dollop of Meredith Chevre.

This pesto stores well in a jar in the fridge with some extra oil for about a week.

My vollie shift Christian Sanders

How long have you been a member?

About a year.

And when did you start volunteering?

I started virtually straightaway.

What kinds of jobs do you usually do?

Well, pretty basic stuff such as washing out the plastic bags and hanging them out to dry; box crushing [in readiness for recycling]; and the end-of-day cleanup. I think the tasks are pretty specific to when I come in. Because I do the same kinds of things each time, I know what to do. I can stay out of the way of the shop staff and get things done in the storeroom and backyard. I don't want to be behind the cash register. Of course if there are other tasks that need doing, such as filling bins, I will do them.

And when is that, when do you volunteer?

It tends to be Saturdays, usually later in the day. I work Monday to Friday. It suits me. I can do whatever I want before I come in for a couple of hours and then I have the evening. It fits my time and it fits with the co-op. It's a win-win.

How often would you volunteer?

On average once a month, though sometimes twice a month.

Why do you volunteer?

The extra discount is the big motivator. I don't see how you can look past that. I do some really big shops, anywhere from \$150-200 after the extra discount. I save at least \$30-40 above the normal discount. That's not bad for breaking up boxes! The other thing is that I believe in the concept of the



Christian relaxing at Coogee just before a session of box-crushing

co-op. You support it by shopping here and by volunteering here. And it's not really a chore and I've always been appreciated. I think volunteers are great. They come in and do a pile of work and let others [paid staff] get on with their jobs. *What do you say to those who say they can't fit volunteering in to their lives?*

Well, I can understand that some people are busy. I don't have kids but I do work full-time. So my weekends are important. However, for me, two hours a month isn't that much. You have to get over that initial hump. You find it's not that big a commitment. It gets easier. And I do feel valued.

– Stevie Bee

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

