



Alfalfa
House

NEWSBULLETIN

News from the Shop

► After eight months as Co-op Manager it's time for me to say goodbye to the day-to-day management of the co-op. What an amazing journey I have walked while at Alfalfa House, an experience I will never forget. The people involved in our co-op are some of the most beautiful, humble and passionate people I have ever had the pleasure to work with and never have I encountered such a vibrant, challenging and culturally stimulating environment. Having come from the wasteland that is the corporate private sector Alfalfa House has certainly been a breath of fresh air.

► So what's next? I am going to be a part of Oracle Organic, makers of Hari Har Chai and a soon-to-be launched 100% organic beverage brand and organic skin care/beauty range. I'll be joining them as national sales manager.

*I wish you well,
Sarah Cook*

INSIDE JOBS

► If you have two hours spare, *particularly on the weekend*, and feel like playing at Alfalfa House just come in and help us make chai, LSA, refill baskets and bins, wash bags so we can reuse them, collapse boxes and make sure our fruit and veg look beautiful. And remember each two hours you volunteer is worth a 25% discount shop.

Dairy comes up short

It will probably come as no surprise that dairy milk, both organic and conventional, is in short supply at the moment due to the drought. Over the past five years Australian milk production has fallen 20 percent; last year alone, production was down a billion litres. The industry is warning Australian consumers to expect milk prices to rise due to the drought and high demand from overseas. John McQueen from Australian Dairy Farmers says, over the last few years, world market prices for dairy products have more than doubled. As well, during winter dairies divert more milk towards cheese production at this time of year because it's more profitable. But it may not be all bad news, unless you really like dairy products.

Winter is generally damp and cold, and drinking milk, according to the tenets of Chinese Medicine and Ayurveda, exacerbates damp and hence we are less able to disperse excess mucous, and colds and flu usually aren't far away. So it may be wise to go easy on the milk and cheese after all.



The chat on chia

- **BIONOMIAL NAME** *Salvia hispanica*. The name, chia, is Mayan for strength or strengthening.
- **CONSTITUENTS** protein 20%, oil 34%, dietary fibre 25% and significant levels of antioxidants; the oil from the seed has a very high concentration (64%) of Omega-3 fatty acid.
- **VITAMINS** High in A, B, D, E, K
- **MINERALS** High in manganese, calcium, phosphorus, zinc, potassium, sulphur, iron, iodine, copper, sodium, magnesium, silicon
- **ACTIONS** antioxidant, nervine, tonic, laxative, demulcent, nutritive
- **MEDICINAL USES** Chia's mucilaginous properties, which have a swelling action similar to psyllium, act as a bulking agent and fibre source, and are valuable for cleansing and soothing the colon. Chia can act as a sponge, absorbing toxins in the gastro-intestinal tract. It can ease an upset stomach as well as satisfy the appetite. Chia is thought to slow the breakdown of carbohydrates into sugar and so prolong endurance. The seed can absorb more than ten times its weight in water, prolonging hydration and retaining electrolytes in body fluids. Chia can calm the nerves; improve memory; cleanse the blood; reduce fevers; relieve pain; ease arthritis, respiratory problems, mouth ulcers, diarrhea, diabetes, inflamed throats; reduce blood pressure, cholesterol and triglyceride levels; and strengthen the nervous system.
- **USES** Chia seeds can be eaten raw; chew them well to break the shell and release their nutty flavour. They can be ground into a meal, which can be made into porridge or cakes or sprinkled over breakfast dishes and steamed vegetables or used as a binder in cakes, breads, sweets and patés. Chia seeds soaked in water or fruit juice, helps quench the thirst. Soaked seeds can also be used in gruels, porridges and puddings. As well, chia can be sprouted as you would with alfalfa seeds.
- **GENERAL** In chia's native habitat of south-west America, it was highly valued by the local Indians. Jesuit chroniclers referred to chia as the third most important crop to the Aztecs, behind corn and beans, and ahead of amaranth. Tribute and taxes to the Aztec priesthood and nobility were often paid in chia seed. One tablespoon of seed would supply energy and sustenance for an Aztec travelling on foot for 24 hours.



CHIA SEEDS

SOURCES www.herbsarespecial.com.au/free-herb-information/chia.html , www.nutritiondata.com
www.ultimatenut.com/chia.htm , www.purcellmountainfarms.com/Chia%20Seeds.htm ,

It's stocktake time. Can you help out on Saturday June 30? We have two 2-hour shifts available from 4pm, so we'd like eight volunteers. And do you have a set of residential or commercial scales we could borrow for the stocktake? Please call Lisa on 9519 3374 or email (groceries@alfalfahouse.org).

WHAT'S NEW IN THE SHOP

- ▶ Dried cherries – organic, from Young, NSW
- ▶ Dark chocolate-coated dried cherries – organic, vegan, from Young, NSW
- ▶ Apricot seeds – organic, also from Young
- ▶ Chia seeds – organic, from Mexico (see front page feature on chia)
- ▶ Cornflakes – made from organic cornmeal, sweetened with evaporated organic grape juice (15%) – tastes just like the classic brekkie cereal!

All Kosher ingredients; wheat and gluten-free. Only 0.5g of fat and 160mg of sodium per serving.



- ▶ Black Star Bakers – raw, gluten-free, organic, vegan sweet treats, handmade by a co-op member. Choose from apricot delight, walnut and fig, and carob
- ▶ Pepe Petite Cuisine – gluten-free, organic, vegan sweet treats, emphasising Farmer Direct ingredients and handmade by a co-op member

NEW ON THE WEB

Cockroach remedies

No doubt about it, the cardboard cockroach trap is a simple, effective and environmentally-benign alternative to spraying the house with pesticides. However, the cockroach stuck to the trap slowly starves to death. If you'd prefer a less drawn-out end, there are other remedies. To find out more, go to www.alfalahouse.org/html/FEATURES/cockroach_remedies.htm

Passing on the true cost of EFTPOS

Businesses that provide an EFTPOS facility are charged a fee for each transaction. While we've always charged a fee on credit card transactions, we haven't applied it to shoppers using debit cards or EFTPOS transactions. However, it costs the co-op around \$500 a month to provide EFTPOS and we need to recoup that cost. So rather than include this cost in the co-op's product markups, as most businesses do, we've decided to apply the set surcharge of 2.5% on both credit card and debit card (e.g., VisaDebit) transactions and 1.5% on EFTPOS (savings or cheque) transactions. Applying the charge is fairer than extending the cost to cash shoppers. It will come into effect on Monday July 2.

Hey team,
I loovvee so much shopping at "da 'ouse".
Thanks to you all.

I have watched the uncomfortable, yet very essential, near-death then growth and burst into new life that the co-op has gone through over the years and I am truly-ruly grateful.

I have so enjoyed watching and witnessing the enthusiasm and gusto with which local smaller farmer produce has been embraced. Yum.

Sometimes the produce is so fresh, I fantasise about having grown and picked it myself and King Street turns into my wonderful wormy garden. (Hmm . . . I am getting counselling).

But very seriously, Alfalfa House is evidence of the world I want to be part of, create and live in.

*Many blessings,
Love Kate xx*

Thanks for the newsletter. I love this new style colour newsletter. It's lovely to read. Well put together and has a very happy loving vibe to it.

Amy

SEND YOUR THOUGHTS TO
feedback@alfalahouse.org

F+V CORNER

What's good in fruit+veg

▶ It's pumpkin time – just picked and rich in colour. Look out for Triamble, Jarrahdale and Jap.

▶ FD* Broccolini

▶ FD* Rocket

▶ FD* Lemonade fruit

▶ and of course,

Apples. Lady Williams

are just in. Pink

Ladys are also very

good.

* FD = FARMER DIRECT

– *Dave Tilley*

RECIPE OF THE MOMENT *from Dominika Grossy*

Sago surprise

Serves 4. Vegan, gluten-free

- 180g sago
- 85g rapadura sugar
- pinch salt
- 1 vanilla bean, sliced in half
- 1/2 pack coconut cream block
- 1L water, extra needed
- juice of 3 citrus (try 2 limes, 1 lemonade)

■ Place first five ingredients in a pot of boiling water. Stir through until absorbed, add a little water and keep stirring. Turn heat to lowest setting. If it starts to bubble, remove from heat until excess heat disperses; too much heat melts the sago balls into a single gluggy mess. Add citrus juice towards end.

■ Serve warm or cold (sets a little firmer) with fruit salad

■ Also try lime on its own or 2 oranges, 1 lemon

Note: if using "raw" sugar, the sago will remain white – add slices of lime. If using tinned coconut cream, leave water out. Just add a little water if mixture gets too thick to stir but balls are not yet clear.



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