



NEWSLETTER - SUMMER 2013

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VOLUNTEER UPDATE

The Co-op kicked off National Volunteer Week earlier in the year with our very first dedicated volunteer training night. Training has been running fortnightly since, with over 80 people having attended so far. Many of those who have attended are first time Co-op 'vollies', but there have also been a large number of experienced vollies who have come along. We'd like to say a huge 'thank you' to everybody who has attended thus far for all the wonderful work you do volunteering in the shop!

The Co-op can be a very busy, bustling place, so it is a great help to have a volunteer, assisting staff to keep things running as smoothly as possible. We now have up to four people volunteering a day; helping keep the shop clean, tidy, safe, welcoming, organised and well stocked.

It's been fantastic to see so many new faces. There is so much to be gained from working alongside people from diverse backgrounds and walks of life.

If you have ever thought about volunteering at the Co-op, now is a great time to do so. Not only is it a fantastic way to get more involved with your Co-op, learn more about our products and mix with our community, but you can also decrease your shopping bills!

To all those members who have attended training so far, well done, and we look forward to seeing you in the store for a shift sometime soon.

Are you interested in getting involved?

Do you have any feedback? Please speak to staff in store, or email us directly at volunteers@bmfoodcoop.org.au.

COLLETTE AVERY

Volunteer Co-ordinator



Thank you to all of our Volunteers from everyone at the Blue Mountains Food Co-op!

In the picture: Zeb, Sues, Halin, Collette and Sam.

VEGE UPDATE FROM MIKE

No **Celery** and **organic Ginger** until the end of January.

Broccoli is in short supply.

Cherries won't last but look out for local stone fruit.

Grab some bargain **Mangoes!!**

OPENING HOURS

MON - FRI	9.00AM - 6.00PM
SATURDAY	8.30AM - 5.00PM
SUNDAY	10.00AM - 4.30PM

CLOSED CHRISTMAS, BOXING AND NEW YEARS DAY ONLY!

Why the *Bokashi One*?

Compost bins, worm farms, chooks, ducks, two dogs, two goats and a rabbit all help clean up our kitchen waste.



So why do I need a *Bokashi One* kitchen composting system ?

The *Bokashi One* is a convenient and hygienic way to dispose of kitchen scraps when I don't want to trudge outside at night or on a cold wet day or add waste that I would prefer some animals not to have access to, such as, egg shells to chickens that have not been crushed. It could encourage them to eat their eggs. Small bones may be sniffed out by our beagle cross in the chook run. Into the Bokashi they go, along with citrus and onion that worms in worm farms don't appreciate.

You may well be thinking *what a smell those items in a bucket would create in the kitchen*, surprisingly not smelly at all. There is only a fermenting smell, like pickles.

Food waste is layered with *Bokashi One* mix in a *Bokashi One Bucket*.

For every one cup of waste I put in the bucket I add one tablespoon of the Bokashi mix.

The combination of the airtight bucket and the micro-organisms present in the *Bokashi One* mix enables the food waste to ferment.

Food waste does not decompose in the bucket. It reduces in volume and liquid drains through the grate at the bottom of the bucket.

It is the fermented liquid that is diluted and used. The Bokashi juice is alive with micro-organisms and contains nutrients from the food waste.

Foods that I add to my Bokashi bucket are egg shells, citrus scraps, onion, paper tissues, coffee grounds, tea bags, tea leaves, occasionally small bones and other vegetable and fruit scraps that the chooks and goats don't like, which doesn't leave much.

I drain about one tablespoon of the juice through the tap on the Bokashi bucket into an empty two litre apple juice bottle, the Logan Brae bottles are perfect size, then top it up with water then water my salad greens and herbs with it. The diluted juice can be used on all plants but must be diluted. I have noticed more vibrant healthy leaves and happy plants. If you're a gardener you

will know what I mean by happy plants!

I had been having persistent problems with odour from my kitchen sink and some blockage. I regularly had to resort to chemicals to unblock the sink, which I don't like doing. After reading that I could add Bokashi juice to drains to help prevent algae build up and odour, I tried it. I poured two litres of the Bokashi juice down the problem drain and have had no odour or blockages for several months.

When the bucket gets full the food waste can be buried under a tree, or if you don't add perishables, add to your compost bin where it will continue to break down.

I am currently watering one Black Russian tomato plant with diluted Bokashi juice and an identical potted tomato with plain water, next newsletter I will publish the results.

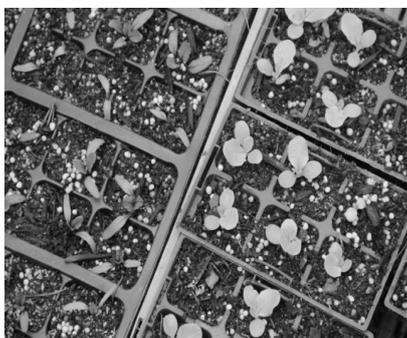
The Bokashi Buckets and *Bokashi One* mix are available at the Co-op.

LOUISA CASINO



Now is the Time to Plant...

We asked some of our local vegetable suppliers what they are planting this season and recommendations of what to plant in their areas:



Upper Mountains (tips from Katoomba)

December:

Seeds: Beans, Beetroot, Carrot

Seedlings: Broccoli, Cabbage, Capsicum

January:

Seeds: Basil, Beetroot, Lettuce

Seedlings: Celeriac, Zucchini

Mid Mountains (tips from Faulconbridge)

December:

Seeds: Chives, Cucumber, Lettuce

Seedlings: Leeks, Spinach, Tomatoes, Watermelon

January:

Seeds: Potato, Radish, Silverbeet

Seedlings: Kale, Zucchini, Tomatoes

For some more information and tips visit our website.

Thanks Colin, Louisa, Steve, Cale, Amy, Warwick and Betty for sharing their garden tips!

ALISON GARLAND

STOCK NEWS

Hot cakes and Cool Bananas

Well we may not currently sell hot cakes but lots of our new items sell like the proverbial. The challenge in writing a stock report is in calculating how many of the new items will still be on the shelves by the time the newsletter rolls out. Trying to choose what products to add to our already bulging shelves is also a challenge but thankfully our members are constantly requesting new items. I didn't realise that the Orgran Buckwheat (gluten free) Pancake mix would sell like hot cakes (well maybe hot *pancakes*) but hey, that's business.

Our bananas don't get a chance to chill out in the cool room so we don't really have cool bananas but we do have some seriously chilled, locally produced, non-alcoholic Hillbilly Apple Cider. Grab a bottle or two from the bottom of the fridge while stocks last!

Pana Chocolate, from Melbourne, is seriously good and is selling so well our shelves are frequently empty. That gives us ample opportunity to order different varieties to spice up your life. Made from lots of good stuff (agave, essential oils, coconut oil) certified Organic, non dairy, no soy, raw, handmade, gluten free and best of all - really yummy! Vote with your shopping in our Pana poll for your choice of chocolate.

Not quite feeling in the pink? Then our remarkably reasonably priced Himalayan Pink Salt is proving a hot new seller. Find it in bulk below the spices.

Astro Calendars for 2014 are in! Make sure you are aligned for the year ahead.

Do you love Chipmans Corn Chips? Well then you are in for a treat. We have two new varieties of delicious chips for you to munch on - Beetroot and Mixed Root Chips.

MIKE PATTERSON

STOCK COORDINATOR



Pana Chocolate Available in Mint, Cinnamon, Coconut + Goji, Vanilla + Sour Cherry, Raw Cacao



Why we love Wednesdays

Every second Wednesday between 10am and 12pm Emily Yates, local naturopath and healer, will be hosting food demonstrations at the Food Co-op and sharing her passion for healthy body and healthy families.

Once every month Emily and Kay Ridgeway will be teaming up to deliver something special. Ask in store or visit our web site for more details!

What's In Season

Greens:

- Parsley
- Radish
- Silverbeet
- Lettuce
- Rocket
- Lettuce
- Cabbage
- Celery

Stone Fruits:

- Apricots
- Nectarines
- Peaches
- Cherries
- Mangoes
- Plums

Onion Family:

- Shallots & Green Garlic

Other:

- Rhubarb
- Local backyard Duck and Chicken Eggs



FRUIT CLEANING

We all have the frustrating experience day after day of quickly perishing fruits after being purchased and taken home!
For this reason, you and your family will treasure this simple but important piece of information.



CHEMICAL-FREE AND EASY

Fill sink with water, add 1 cup of vinegar, and stir.
Add all fruit and soak for 10 minutes.
Water will be dirty, and fruit will sparkle with no wax, or dirty film.
Great for berries too, as it keeps them from moulding. Do this with strawberries, and they will last for weeks!

Have you 'LIKED' the Co-op on Facebook?

Join us on Facebook to receive regular updates!

www.facebook.com/bmfoodcoop

Not on Facebook? Visit our web page to see the latest news, information, recipes and earth friendly tips.

www.bmfoodcoop.org.au

A gathering of friends old and new joined Slow Food Blue Mountains Convivium Leader, Anne Elliott at the Co-op to show their support for the *Stroll to Providores*, a walk developed to discover the hidden and not-so-hidden food gems in

Katoomba Shopping Precinct as part of the Festival of Walking.



LIFE CHANGING BREAD

Makes 1 loaf

(contains rolled oats which you could swap for rolled rice)

Ingredients:

- 1 cup (135g) sunflower seeds
- ½ cup (90g) flax seeds
- ½ cup (65g) hazelnuts or almonds
- 1½ cups (145g) rolled oats
- 2 Tsp chia seeds
- 4 Tsp psyllium husk
- 1 tsp fine grain sea salt (add ½ tsp. if using coarse salt)
- 1 Tsp maple syrup, rice malt or honey
- 3 Tsp melted coconut oil, ghee or olive oil
- 1½ cups (350ml) water

Directions:

1. Combine dry ingredients in a bowl.
2. Add water and sweetener to dry ingredients and mix very well.
3. Let sit for at least 2 hours, or all day or overnight.
4. Preheat oven to 350°F / 175°C.
5. Oil a loaf tin and line bottom with baking paper.
6. Sprinkle sides of loaf tin with sesame seeds.
7. Fill loaf tin with mixture and press down firmly with the back of a spoon.
8. Bake for 60 minutes.

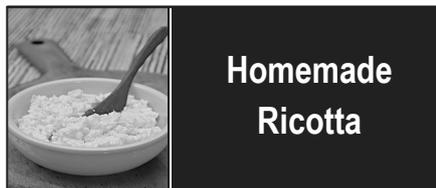


Let cool completely before slicing (difficult, but important). Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!

Original from *My New Roots Blog Spot*:

www.mynewroots.org/site/2013/02/the-life-changing-loaf-of-bread/

Serve with Homemade Ricotta (take a look at the recipe below)!



Ingredients:

- 8 cups (2 Ltr) whole milk
- 2 cups (500ml) heavy cream
- 9 gms (½ Tsp) salt
- 5 tbsp (75ml) white vinegar

Required utensils:

- Slotted spoon, long handle
- Deep pot
- Thermometer
- Muslin/cheesecloth

Instructions:

1. Combine the milk, cream and salt in a large pot and stir over medium heat bringing the temp up to 85° C (185°F). This will take about 15 to 20 minutes.

2. Add the vinegar all at once and stir for 15 seconds, then stop.
3. Keep heating the mixture for two more minutes before removing it from the heat.
4. Let it rest undisturbed for 15 to 20 minutes.
5. Remove the floating curds with a slotted spoon and place them to drain in a ricotta mould (or in a colander lined with a cheesecloth).
6. Place the mould/colander over a bowl in the fridge (make sure the mould does not touch the bottom of the bowl) and let it drain for a couple of hours (overnight is best, if you have the time).
7. Remove the ricotta from the mould and serve.
8. The longer you allow the ricotta to drain, the firmer it gets.

To store your creamy delicious lump of ricotta, place it in an



airtight container and keep it in the fridge.

Enjoy on crackers or on your loaf of delicious, yeast free and gluten free Life Changing Bread!

Mamre Community and Market Garden

Mamre House is a place of promise where people are enabled to realise their potential to contribute to the community.

The farm allows a diversity of refugees, youth, people with a disability and local community members to work together on either the community garden or individually in rented plots to produce a wide variety of familiar crops or more exotic and culturally specific ones.

We follow organic principles through the use of green manures, composts, variety selection, drip irrigation and mulches.

In spring we were busy weeding over: cleaning out winter weeds and reshaping beds, composting, sowing seeds in our nursery, building bean trellises, rebuilding our compost bays, shovelling horse



manure and updating our irrigation systems... among a million and one other jobs that seemed to suddenly need doing.

We planted a wide variety of

familiar crops like *Red Russian* and *Tuscan Kale*, *Lazy Housewife* beans (yes, we know, not the most PC of variety names), radishes, leeks, broad beans, *Black Beauty* and *Listada Di Gandia* eggplant, fennel and rockmelons as well as a wide variety of chillies, capsicums and tomatoes.

The Liberian African farmers planted cassava, sweet potato (for its leaf, a staple in Liberian cooking), garden egg (a small, bitter eggplant relative) and habanero chillies – because all other chillies are just not hot enough!

In addition to our fresh produce we are ramping up production of our Global Gifts range. A developing variety of jams, pickles and other products that highlight what we grow, the diversity of cultures involved in the farm and other local produce. If you have bought one of our jams it has been produced by a person with a disability or a refugee.

Our farm is different place for everyone who works here. Some of our volunteers are here to learn about farming and improve their ability to grow their own food, others are here for entrepreneurial reasons; to create an income stream. For some, their plots are a kitchen garden and for pretty much everyone, refugee; persons living with a disability or otherwise, it is a therapeutic place to get your hands into the dirt.



Mamre Community and Market Garden is an open farm, so anyone is welcome to come and have a look at what we do and ask questions.

Every year we host a 100 Mile Dinner - a fund raising event. The entire meal is sourced from within 100 miles of the farm: our meat comes from Lithgow, our vegies from the farm or other local growers and all the other ingredients come from the Sydney region.

See our website for the enormous variety of events that we host.

www.mamre.com.au

We would also like to thank the staff and customers at the Blue Mountains Food Co-op for the massive support they have shown over the last twelve months and we look forward to growing delicious vegetables, and our relationship!

STEVEN FLEISCHMANN



MINI PUMPKIN CHEESECAKES

Makes 6 large cakes or 12 small

Vegan, Gluten free, Low GI

Ingredients:

Filling

¾ cup raw cashew nuts, soaked overnight in water

1 ½ Tsp white chia seeds

250g butternut pumpkin, cut into 1-2 inch chunks

2 Tsp of coconut oil, melted

¼ cup of rice malt syrup

Zest from one lemon

Juice & pulp from one lemon

½ tsp pure vanilla essence, alcohol free

Base

1 cup of almond meal

¼ cup of dates, pitted and chopped

1/8 tsp salt

½ tsp pure vanilla essence, alcohol free

¼ tsp ground cinnamon

Instructions:

1. Pre-heat oven to 180°C and line a tray with baking paper.
2. Place pumpkin skin side down on the tray and bake in the oven for 45-60 minutes or until soft and slightly browned. Remove from oven and leave to cool slightly before removing the pumpkin's skin.



3. Combine almond meal and dates in a blender or food processor. Process until uniform then add remaining base ingredients.
4. Divide the crumbly mixture evenly into a silicon muffin mould or a greased muffin tray. Use your fingers or a spoon to press the mix down over the base of each mould and press up the sides slightly to create a small cup. Place in the freezer while you prepare the filling.
5. Use a food processor or blender to grind the chia seeds to a powder, making sure no moisture is present in the blending container as the powder will stick and be difficult to remove. Scoop out the chia seeds and place in a small bowl.
6. Drain the cashew nuts and rinse well. Blend or process the cashews until smooth and a cream is formed. You will need to stop and scrape down the sides a few times.
7. Add the chia seed powder, pumpkin, rice malt syrup, lemon zest, lemon juice, vanilla and coconut oil. Blend or process until smooth and uniform.

Chia seeds are a rich source of calcium, essential fatty acids & iron. They also form a gel in liquid & work wonderfully as a replacement for eggs in sweet recipes.

8. Remove your mould from the freezer and fill each one to the top with the pumpkin filling. Smooth the top and return to the freezer for at least 5 hours.

Leave overnight to achieve the best result.

Note: the freezing step is essential to obtaining a nice firm cheese texture once thawed.

Remove from the moulds and thaw in the fridge for at least 30 minutes before serving.

ALIS ALEXANDER
www.mio viva.com.au



There's something about Alis

Alis is a qualified Nutritionist with a lifelong love of good food and an ever-expanding passion for radiant health. "My aim is to create a collection of nutrition, food and health resources that are truly useful and inspiring."



KATOOMBA ORGANIC

COMMUNITY GARDENS

10 Victoria Street, North Katoomba

**ORGANIC & CHEM FREE SEED
& SEEDLING SWAP**

Last Sunday of every month

NEXT SWAP

22 December 2013

Arrive and set up by 9.30am

Start: 10.00am - Finish 11.00am

WHAT CAN YOU SWAP?

Seeds, Seedlings, cuttings, homemade foods, garden supplies & resources.

Please only bring seed & seedlings from certified organic or open pollinated non hybrid seed, not treated with insecticides or chemicals. We do not want to support the use of treated seed/seedlings and we are aiming for as low/no chemical as possible, though we will all have variations of this.

This gathering may well grow into a **CROP & SWAP**. Please feel free to bring and swap whatever you like if it is homemade or home grown. If bringing cooked/processed food items like jams, bread etc, please list all ingredients.

HOW DOES IT WORK?

Arrive at 9.30am, set up an area with your stock on a blanket, hessian bag, in boxes etc. Put a name tag on yourself and one on your swapping stock so that people can match the two names up and approach you to swap with you if they like.

Then go and have a wander to see what everyone else is swapping and get an idea of who you might like to swap with.

When the swapping starts at 10am (sharp), if you've found something you'd like to swap, approach that person and ask if they'd like to check out your stock and swap you for something. Make sure all swapping is completed by 11am, then pack up, leave the gardens clean and head home for a day in the garden with your loot.

RULES: No money is to swap hands. Please be fair, considerate and honest when swapping.

THINGS YOU MAY NEED: Please bring something to put your swapped seeds into: small seed bags, envelopes, paper bags etc, a pen/pencil to write on your new seed bags and something to take your new seedlings home in.

WEATHER and SEASONS: If the weather is sour we'll swap in the car park from our car boots or if anyone wants to come earlier and put up a tarp that'd be great.

The meets will run from September to May, stopping only for winter. We'll do the December/Christmas meet as it's a great time to keep planting and there's often lots of us still around holidaying in our gardens.

Experimental Freegan Sunflowers at the Katoomba Community Gardens

A mass of grey cloud appeared a little after 1pm in north Katoomba's organic community gardens. A dark shadow bringing with it rain, not a big fat wet tropical rain, bouncy and sparkly and over as soon as it began with the sun resuming shortly thereafter, not the drip drip drop little April showers of spring but a solid sheet of water, slowing to a drizzle and back again.

One look at the BOM radar shows there's more in store. Yay! Yay? Yup, Yay! Why? Well we just planted a couple of hundred sunflowers this morning. Why? Because, well, SUNFLOWERS!

Nothing shows the passage of the sun like sunflowers, day by day as the flowers heads turn to face the sun and as the flowers grow. Each tiny little floret in what we think of in terms of seed formation is a separate flower.

Alex turns over a patch of volunteer plants back to the soil, and as we broadcast sunflower seeds, brand spanking new gardener "I'm here to volunteer" asks if I know about the Turing sunflowers? and explains:

Alan Turing, perhaps best known for helping crack the Enigma Code during WW2, was fascinated by how maths works in nature. Turing noticed that the Fibonacci sequence often occurred in sunflower seed heads. He hoped that by studying the plant it might help us understand how plants grow, but he died before he could



finish his work. Well ok, that's the explanation from <http://www.turingsunflowers.com/> and an introduction to a fantastic tribute which is continuing Alan Turing's work. The Manchester Museum of Science and Industry is reviving his study - calling on people to grow sunflowers. In the course of this mass science experiment, 3000 sunflowers have been planted in the UK by citizen scientists who are also recording the results, about now. Although they're half a world away and we're in the wrong season to join their study we can conduct our own small experiments on the Fibonacci sequence.

These sunflowers we're planting are doubly good - they're foraged. When Bakers' Delight in Katoomba closed down, a freegan loving co-op worker called to tell me about the plastic bags of abandoned produce - including linseed and sunflower seeds, toppings for bread left to moulder at the back of the shop. It's these rescued seeds that we sowed. Maybe they'll sprout, maybe they won't. If they don't it

doesn't matter: they'll have fed a couple of birds and fertilised the soil. If they do, it'll be fantastic a happy visual feast, then a quick seed count, and into the pot, oven, bird feeder and lunchbox!

As well as sunflowers we've planted beans, radish, lettuce, tatsoi and bok choy. We've propagated lots of herbs, mint, peppermint, catmint, oregano, thyme, sage and bay.

The Blue Mountains Organic Community Gardens enjoys sharing as well as sowing seed and will be hosting seed and seedling swaps the last Sunday of every month over the growing season. Come and get some sunflower seeds to plant and see if they grow.

KAT SZUMIMSKA



CHOCOLATE

A journey to heart of the sweet stuff

In Australia we consume an estimated 6kg of chocolate per person per year. Here at the Co-op we love our chocolate in all its forms and flavours and thought it was time to delve into this modern day addiction. So how long have we been indulging?

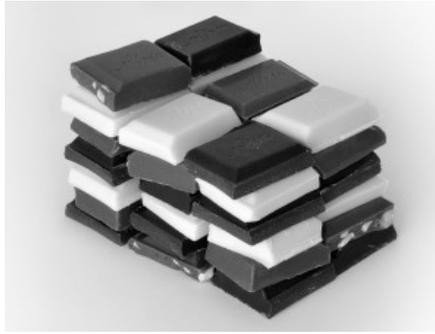
The original chocolate, with its bitter and acidic taste, was consumed by the Mayan and Aztec populations. It was very different to modern chocolate. The addition of sugar and milk by the Spanish in the 1500s created the first chocolate craze.

Initially chocolate was reserved for nobility as it slowly spread through royal circles across Europe, first through France then later England and Germany.

Chocolate did not become affordable to the masses until the industrial revolution when a reasonably priced mass produced drinking chocolate was created around 1730. Solid chocolate was developed by British chocolate maker JS Fray 100 years later.

Today, chocolate is an \$83 billion a year business, world wide.

With such a massive amount of money invested in the chocolate industry there is an abundance of choices now available - from dark, milk or white chocolate to the endless



range of flavoured chocolate bars.

So what is the difference between dark, milk and white chocolate?

A cacao bean (the main ingredient in chocolate) comprises both cocoa solids and cocoa butter. The proportion of these two components determines the type of chocolate created.

Dark chocolate has a very high proportion of cocoa solids and little or no milk. It is common to be able to purchase unsweetened or semi-sweetened varieties. Dark chocolate is believed to be good for our health by reducing bad cholesterol and increasing good cholesterol, as if we needed any further encouragement!

Milk chocolate is the most common variety of chocolate consumed. It is milder and sweeter than dark chocolate. Milk chocolate is created by adding milk solids, reducing the intensity of the cocoa taste.

White chocolate contains no cocoa solids, being made from cocoa butter. Sugar, milk, vanilla and an emulsifier are added to the cocoa butter. The creamy flavour of the white chocolate is due to its higher fat content (not such great news), but on the plus side white chocolate is caffeine free.

At the Co-op we have recently

expanded our range of chocolately goodness and now have six different suppliers and over 20 flavours from which to choose, including carob bars!

With such vast and various motivations for indulging in chocolate, it's good to know the difference so that you can make an informed decision about which tasty treat to save for a special occasion and which bar to have in the cupboard as a family staple.

We look forward to talking chocolate with you soon.

How to Enjoy Chocolate with a Clear Conscience

Firstly, reduce your overall intake of sugar, sodium and saturated fat. Chocolate is your reward.

We eat dark chocolate only, that is, 70% cocoa, 28g of sugars, 0-5mg of sodium and 26g of saturated fat per 100g. The Co-op offers such chocolate.

Focus while you eat and savour every morsel. Close your eyes. No conversation. Achieve as much enjoyment with only a fraction of the consumption compared to unfocused eating.

Keep your intake per day to a minimum. We are happy with 10g to 20g.

Warming the chocolate intensifies the flavour and makes breaking it into squares easy.

Happy and healthier days!

TONI AND BILL COOKE

Tips for Staying Healthy in Summer

- 1. Stay cool and hydrated.** Drink water, at least two to four cups upon rising, and similar amounts if you are going out for activities and exercise. Carry water with you. Most people need 1.5 to 2 litres of liquid per day (which includes herbal teas).
 2. While enjoying the sun and outdoors, **protect yourself from overexposure** to sunlight by wearing a hat and using natural sunscreens without excessive chemicals. Carry Aloe Vera gel for overexposure and have an aloe plant growing in your home for any kind of burn. The cooling and healing gel inside the leaves will soothe any sunburn. It works well.
 - 3. Keep up or begin an exercise program.** Aerobic activity is important for keeping the heart strong and healthy. If you only work out in a health club, take some time to do outdoor refreshing activities - hiking, biking or swimming. Reconnecting with these activities will help keep your body and mind aligned.
 - 4. Enjoy nature's bounty** – fresh seasonal fruits and vegetables at their organic best. Consuming foods that are cooling and light: fresh fruits, vegetable juices and raw vital salads will nourish your body for summertime activities. Include some protein with one or two meals. There are a number of light, nourishing proteins that don't require cooking: nuts, seeds, sprouted beans, soy products, yogurt, kefir and cottage cheese. Fish and poultry can also be eaten.
 - 5. Take some special summer time** with your family, kids, and friends who share the enjoyment of outdoors. Plan a fun trip if you're able and motivated for a day or longer: hiking in the wild, camping, playing at the river or a few days resting at the ocean. Rekindling our earth connection has benefits that last beyond this season, continuing to enrich the whole of your life.
 - 6. Relax and breathe.** You've been working hard. This is the season to slow the pace a bit. Leave your phone at home or take a week off from watching TV.
 - 7. Teas are wonderful.** Use flowers and leaves (or tea bags) in a clear glass jar filled with spring water. Peppermint, chamomile, or lemon grass are all good choices, or use your local herbs and flowers that you learn are safe, flavourful, and even medicinal.
 - 8. Nutritional supplements** can support you with a greater amount of physical energy, enhancing your summer activities. Vitamin C protects your body from stress and chemical pollutants. Come in on Wednesdays between 10-12pm and ask our qualified naturopaths, Emily or Kay, what would best support your busy lifestyle.
 - 9. Use the summer months to deepen your body's awakening** which began in the spring. Begin by checking our local bookstore or the web for ideas that interest you. Plan a trip that incorporates these new interests and provides you time to read, relax, contemplate, and breathe.
- Have a safe and healthy summer!

The End of an Era

It is with deep sadness that the Co-op notes the passing of one of its favourite members, shoppers and long-time supporters, Don Mixon. Don was a true gentleman: a gentle man. His lovely wit and intelligence was a pleasure to those who encountered him and the grace with which he managed the physical difficulties of his later years was inspiring. A long-time vegan, his strong principles were evident, but not expounded. Fiercely independent, he would always refuse assistance in the shop with a firm and gentle “thank you, I’m fine” and a warm smile. He was able to live in his much-loved home on Cliff Drive well into his later years. He described his home as ‘the most beautiful place I’ve ever lived and the most beautiful place I will ever live’.

Don’s intelligence and kind spirit touched everyone he knew. A few insightful words at the shop counter would have you pondering life’s mysteries for the rest of the day!

Don’s grace, elegance and empathy will be much missed in our community, but knowing him has made us better humans and it has been a privilege to be able to learn from his example. He faced the inevitable with courage and wisdom. He left us, but he has left us with precious gifts of insight about our fellow humans and our beautiful planet.

ZEB OLSEN

Farewell to a Friend

Dear Co-op Workers and Members,

It is with deep sorrow that we advise that on Tuesday 15 October, the BM refugee support group lost one of their long-term members with the death of Judy Gaskin.

Judy was a dedicated and tireless worker for the cause and a compassionate friend to many asylum seekers and refugees. She visited Villawood Detention Centre fortnightly from 2003, as well as supporting asylum seekers at court and tribunal hearings and those who were released into the community.

Through Judy, the BM Food Co-op was able to donate culturally appropriate foods like dates, tahini and honey to people living in detention in Villawood.

Many of you may remember her shopping fortnightly before her regular visits to the refugees.

We greatly appreciate the connections and relationships that Judy formed for the Co-op.

SUSAN AMBLER



Natural Parenting

The 'Blue Mountains Natural Parents' community is made up of around 450 local families who are interested in peaceful, conscious parenting and living. Our aim is to provide support and information on gentle, respectful and connected parenting. We do this by facilitating genuine support and connection for more like-minded families through simple village-like gatherings, skill sharing, pregnancy circle, cooking circles, women's circle, family gatherings, breast milk sharing, a large resource library, bulk buying groups and regular weekly park meet-ups in the upper and lower mountains. We have a very active online Facebook group to assist in the ease of planning. We believe parenting is a journey that requires the support of community: together we are better. We'd love for you to join us if you are a parent located from Nepean/Penrith Valley to Lithgow.

SHERREE STRANGER

There's movement at the Food Co-op

After 10 years with the Food Co-op as a worker, workers representative and our Donations Co-ordinator, we farewell Susan Ambler. Thank you for your huge contribution and efforts over the years.

We also say farewell to our Vollie Co-ordinator and tireless worker Collette.

Our best wishes to both of you ladies in your future endeavours from all of us!

Lesley is taking the reins of our Volunteer and Donations Co-ordinator.

BM Food Co-op Donations Box

Thank you very much to all who kindly and generously donated to the Blue Mountains Food Rescue and Soul Kitchen through our donations box on the counter by the front door. We raised **\$185** for this great local organisation.

Now as we begin our run towards the end of the year the donations box is raising money for the equally important Blue Mountains Family Support Service. Every year the Family Support Service runs a Christmas Appeal to help local families provide food and Christmas gifts for their children.

Please help us support them in this great work.

SUSAN AMBLER
Donations Co-ordinator