



BLUE MOUNTAINS  
**FOOD CO-OP**  
EST. 1981

**NEWSLETTER - AUTUMN 2014**

**IN THIS ISSUE**

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Stock News • Price Comparison • Steve Marsh update • Book Review

**Garden of Dreams and Monstera Deliciosa**

*A visit with Cale and Amy*

The rain was settling in for the evening as we made our way to a *mecca of growing*, otherwise known as the mid mountains. Cale and Amy were not complaining though. Any avid gardener shares a fondness for a fresh downpour. Fortunately we had a brief break in the weather and we were delighted with what we found.

Amy and Cale are a dynamic and hard-working duo that embodies passion and creativity. Ten years ago this rambling 1200 square metre garden was unkempt and overrun. When Amy first came across the north-east facing gem, the garden and soil were not at all what you would expect looking at it today. Rubbish, weeds and cats were companions in the garden, not the abundance and diversity now evident.

After completing an arts degree, Amy reset her focus on horticulture and started studying all things that grow. During that time Amy spent



a solid chunk of time care taking a brilliant garden in Kangaroo Valley which had been set up with the helping hand of the knowledgeable David Holmgren (co-founder of the principles of permaculture). These principles made a lot of sense. Armed with know-how, cuttings and inspiration from her mum's garden and some seeds, Amy started a much needed upgrade and makeover on the degraded land, loosely following the principles of permaculture. With only a few citrus trees as a starting point, Amy and Cale  
*(Continued page 3)*

**Easter Opening Hours**

Good Friday:	<b>CLOSED</b>
Easter Saturday:	8.30 – 5.00
Easter Sunday:	<b>CLOSED</b>
Easter Monday:	10.00 – 3.00

**CLOSED ANZAC DAY, 25 APRIL**

**Food Co-op Members' Survey**

Here at the Co-op we very much value your input and feedback regarding information, customer service and any other ideas for improvement and comments you have to assist us in making the Co-op a wonderful, streamlined place to shop for all your needs.

Please take the time to fill out the survey in this issue and return to us, or go online to fill in the survey. Details are on our website at:

[www.foodcoop.org.au/news/](http://www.foodcoop.org.au/news/)

We thank you for your time.

**OPENING HOURS**

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

## Mamre Farm: Events Coming Up

It is a very busy time of year at Mamre House. There is no shortage of autumn tasks for winter gardens and to top it off we also have a list of some interesting and entertaining events for everyone to enjoy over the coming months. Take a look:

### **Sunday 23 March: Harvest and Harmony Festival**

Wander around the grounds of Historic Mamre House and experience sensory overload as you taste, touch, feel, see and hear an array of offerings from around the world to celebrate Harmony Week and also our annual Harvest Festival.

### **Friday 28 March: "Grow it, Pick it, Eat it"**

A tour of the farm with Farm Coordinator Steve and Chef Zee to look at the produce currently growing, pick some and cook it up. The morning session will be for kids and the afternoon session will be for adults - lots of interesting discussion, food plants and stuff to eat (prices yet to be worked out!)

### **Monday 7 April: Youth week activities**

As part of our commitment to youth of western Sydney we are hosting a youth week series of events that include an archaeological dig, horse whispering demos, music and art workshops for only \$15.

And, if that's not enough, check the website for more details on the following upcoming events:

- March 29: Australia Bush Tucker Menu and tour of grounds
- April 13: Mad Hatters Tea Party
- May 11: Mothers Day- lunch available
- May 22: Australia's Biggest Morning Tea - raising cancer awareness
- May 25: Grow it Pick it Eat it- select your veggies from the farm to cook
- May 29: Mamre Magic
- June 7: Flavours of the World Dinner
- June 20: World Refugee Day.

STEVE FLEISHMANN  
www.mamre.com.au

*A range of delicious Mamre Farm grown vegetables are delivered to the Co-op on Thursday afternoons, but be quick because the lush bunches don't stay on the shelf for long!*

## The Co-op supports landmark GMO case

*You might not have heard of Steve Marsh yet but this man could lose everything to protect your right to eat GM-free food. Steve is an organic farmer from a farming community South of Perth in Kojonup, Western Australia and in 2010, the state government of Western Australia lifted the ban on GM canola, allowing for the commercial cultivation of this GM crop for the first time. As a result many farmers, including Marsh's next door neighbour, began growing GM canola. Subsequently, Steve found GM canola plants spread over much of his farm, containing seed. 70% of Steve's farm was contaminated and he lost his organic certification.* excerpt from Safe Food Foundation website.

In February Steve Marsh took the matter to court. The Co-op Board approved a donation of \$2500 to help support the landmark Steve Marsh trial against his neighbour for the contamination of his land in 2010 with GM canola seed.

The trial began on 10 February and concluded on 28 February 2014 in the Western Australian High Court.

Although a verdict will not be reached until later in the year in April, we will be waiting and watching



Image source: perthnow.com.au

closely to see what decisions and interim progress is made in relation to GM laws and regulations in Australia.

Keep up to date on the case and more at the Safe Food Foundation website:

<http://safefoodfoundation.org/steve-marsh-trial-daily-blog/>

Good luck Steve! Thanks for fighting on behalf of all of us for our right to eat GM free food.

HALIN NIEUWENHUYSE

(Cont. from page 1)

have redesigned the garden, incorporating a number of gardening styles which makes it uniquely their own style. 80% of what is planted is tried and true, allowing the other 20% for trial,



error and experimentation.

Together, Amy and Cale have slowly been rejuvenating and developing their garden into a diverse and productive space with a fantastic balance of half organic, edible species and the



other half of the land providing habitat to native birds, insects and bees. Land that once had barely any wildlife today teems with a colourful array of birds, with the 70<sup>th</sup> species spotted just last week (a Golden Whistler).



*Monstera Deliciosa: the flesh is similar to pineapple in texture, can be cut away from the core and eaten. It has a fruity taste similar to jackfruit and pineapple.*

Both Amy and Cale admit they prefer to grow plant varieties that thrive in the local conditions and produce abundant healthy crops without requiring too much work. It sounds like logical advice to us!

Amy and Cale are both conscientious gardeners, spending most afternoons and weekends pottering, planning and planting. The soil is sandy so a lot of composting is required to grow anything edible. Weeding is an ongoing project, which the four chickens assist with in the orchard. They also make great gatekeepers for pests.

Some positive aspects of having such things as aphids and fruit flies is that they attract bird life, however, the increased presence of fruit flies is a reminder of the much warmer weather experienced of late. This in turn has its benefits and disadvantages for growers. Varieties of plants and trees which you would not expect to survive at altitude are thriving,

such as the Babaco tree, Monstera Deliciosa, tamarillo, feijoa and bananas trees. The red paw paw also might fruit this season.

Amy and Cale's property is an inspiration. We left the mid mountains garden with a new appreciation for what is possible.

So what are Cale and Amy excited about? Their newly installed 'Bee Walk' and apiary set-up, and the potential that



the dragon fruit will take off and that one day the watermelon will bear fruit. And what are we excited about at the Co-op? The prospect of delicious tamarillo and feijoa fruit for Easter!

To follow the adventures of Amy and Cale, visit their blog site for a visual feast, inspiration and ideas:

[www.midmountainsfoodgarden.wordpress.com](http://www.midmountainsfoodgarden.wordpress.com)

Words by Leanne Eagle  
Pictures by Alison Garland and Amy Brown

*Animal, Vegetable, Miracle: A year of Food Life* by Barbara Kingsolver

**Book Review by Fiona Sim**

Engaging, amusing and inspiring, this book by novelist Barbara Kingsolver documents her family's move from dry and dusty Tucson, Arizona, to a small farm in the midst of seemingly ideal farming land in the southern Appalachians, and their year of eating seasonal and local food: growing their own food and buying only locally-produced food (with the exception of a very few non-local treats that each family member is allowed to choose).

The book records a year in Kingsolver's kitchen and garden, and is also part recipe book, part journal and contains many thoughtful and amusing asides on topics as varied as home cheese-making, vegetarianism, the lack of a vibrant food culture in America, why shared family meals are so important, turkey sex and breeding, and the social ramifications of the decline of small tobacco farms in America.



Image source: [gardenrant.com](http://gardenrant.com)

Kingsolver's husband Steven Hopp, and daughter, Camille also contribute to the book. Hopp writes a number of short pieces on subjects such as problems associated with the overuse of chemicals in modern farming, and the need to support small

farmers. Camille offers short essays about food culture in her family and adds some great, simple seasonal recipes at the end of each chapter.

The book is often very funny. Gardeners will relate to the section about the family's glut of zucchinis that grows daily larger over the summer, and how this leads them and their

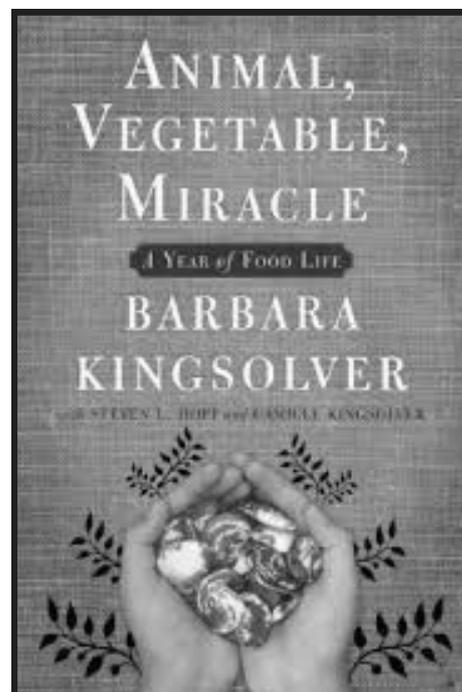
neighbours, normally not too worried about domestic security arrangements, to keep their front door and gates locked. Not to keep people out but because 'Somebody might break in and put a zucchini in [their] house'.

Kingsolver's love of the natural world, of

gardening, food and cooking is infectious: 'Once you start cooking, one thing leads to another. A new recipe is as exciting as a blind date. A new ingredient, heaven help me, is an intoxicating affair.'

Kingsolver's prose is both beautiful and compelling. Not a lot happens really but you want to keep reading, and the end of the book seems to arrive all too soon. If you're into gardening, cooking, food and food culture, I think you'll love this book. If you need some inspiration to get out in your garden and grow a few things for the table, this book will definitely help.

*Animal, Vegetable, Miracle* is available in Katoomba library.



**What's In Season**

- |                         |                       |
|-------------------------|-----------------------|
| <i>Local Rhubarb</i>    | <i>Pumpkin</i>        |
| <i>Zucchini</i>         | <i>Kale</i>           |
| <i>Local Apples</i>     | <i>Pears</i>          |
| <i>Local Silverbeet</i> | <i>Figs</i>           |
| <i>Local Quinces</i>    | <i>Limes</i>          |
| <i>Tomatoes</i>         | <i>Garlic</i>         |
| <i>Nashi Pears</i>      | <i>Local Parsnips</i> |
| <i>Squash</i>           | <i>Potatoes</i>       |



## Price Comparison: March 2014

ITEM	CO-OP	STORE "C"	STORE "W"
<b>Fruit and Vegetables</b>			
Organic Kale (bunch)	\$3.24	\$4.98	\$4.98
Organic Jap Pumpkin (per kg)	\$1.72	\$2.98	\$2.98 non organic
Organic Beetroot (per kg)	\$4.64	\$8.96	\$3.98 non organic
Organic Potatoes (per kg)	\$3.15	\$3.49	\$3.98 non organic
Organic White Grapes	\$5.76	\$7.45	\$2.48 non organic
Organic Medjool Dates	\$24.65	\$28.45	\$34.90
<b>Oils and Spreads</b>			
Almond Butter (per kg)	\$23.99	\$29.20	\$26.00
<b>Fridge Goods</b>			
Kalamata Olives (per kg)	\$12.39	\$19.68	\$19.98
Nutrisoy Tasty Tempeh (300g packet)	\$3.48	\$4.20	\$4.00
Mil lel Parmesan Cheese (per kg)	\$23.47	\$25.80	\$22.20
Dijon Mustard (per kg)	\$5.65	\$11.40	\$13.00
<b>Grains and Flours (per kg)</b>			
Organic Quinoa (per kg)	\$14.04	\$17.50	\$22.20
Organic Rolled Oats	\$3.60	\$9.20	\$7.50
Organic Plain Flour	\$2.92	\$3.29	\$3.36
Organic Buckwheat Flour	\$6.88	\$11.80	Not stocked
<b>Teas</b>			
Bonvit Dandelion Tea Bags (32 bags)	\$6.57	\$7.99	Not stocked
Just Rooibos Tea Bags (40 bags)	\$4.68	\$4.70	\$4.69
Madura Black Leaf Tea (200g)	\$5.32	Not stocked	\$5.51
Celestial Tea Sleepytime (20 bags)	\$5.98	Not stocked	\$4.29



This jar contains 180gm of seeded mustard (code 708) = \$1.02 for members / \$1.13 for non members.



## Close up on Condiments

We have recently updated the bulk section of the fridge with the new containers with pop top lids and new labels.

These containers are BPA free and the pop top lids make them easier to open and close. This is great as they stay airtight and are also a well-designed lid if you have arthritis or find jars hard to open.



You will find in this section of the fridge (the far end near the sink area), olives, mustards, spirulina, capers, LSA, wheat-germ, miso, rice bran and maple syrup. These are all the bulk foods that require refrigeration or low, stable temperatures.

### Excellent value for money

As well as the environmental benefits of bringing your own container to refill your items, there are big bargains to be had by exploring our fridge section.

At the time of print kalamata olives are \$12.39/kg (member) vs \$19.98/kg at one of the larger supermarkets.

Dijon mustard is \$5.65/kg (members) vs \$13.00/kg at one of the larger the supermarkets.

Seeded mustard is \$5.23/kg (members) vs \$ a kilo at one of the larger supermarkets.

Words and pictures by  
ALISON GARLAND

A jar of kalamata olives (code 2017) weighing 150gm = \$1.86 members/ \$2.07 for non members.

## BMFC Annual General Meeting 2013: A Recap

The BMFC Annual General Meeting was held on 26 November 2013. A small group of members, employees and directors gathered to show their support and ongoing interest in the health of Blue Mountains Food Co-op (the Co-op).

At the meeting Halin and her team were congratulated by Chair, Georgia Page, and all Board Directors for a successful year in 2013.

So what does success mean for a non-for-profit organisation, such as the Co-op?

Georgia was first to address the gathering and her address spoke of challenges overcome and the progress we have made.

*The Board has enjoyed another very productive and collaborative year, stated Georgia. Having Halin in the role of manager has had a significant impact on the productivity of the board and in the store.*

Georgia reported briefly on finance and noted that, *our Balance Sheet is healthy and our financial reserves are strong.* Georgia welcomed the addition of Gren Olsen as a Director and Treasurer as one of the best things to have happened to the Co-op this year.

However, there was a farewell. It is during this time of year, namely the AGM, when changes in Directors can take place. It was with full gratitude and appreciation that we farewelled

the passionate and hardworking Amanda Quinn from the Board of Directors. Amanda's contribution on the Board during the past two years has been invaluable and in recognition of being the *driving*



*force behind our fabulous 30<sup>th</sup> Birthday Community Fair, Amanda was given a life*

membership with the Co-op. We wish Amanda the very best with her future endeavours and say a heartfelt *thank you.*

With the resignation of Amanda, leaving a 'big hole'. We were fortunate that Beeby nominated and was voted in at the AGM. Welcome Beeby!

It has been a number of years since the Co-op had a member of staff on the Board, however Leanne Eagle (that's me) expressed a great interest in being part of the bigger picture and nominated in her capacity as permanent part time staff member to join the Board to be the Staff Representative. I am looking forward to sharing my experiences and passion for ethical business with the community in the coming years.

Georgia highlighted progress made in 2013, namely the successful introduction of a manager, and the establishment of new pay scales and the

Enterprise Bargaining Agreement – both very lengthy and detailed processes. A few initiatives also worth mentioning are the volunteer training program and the Co-op Facebook page which is regularly updated with new stock, what's happening and how to use unusual ingredients.

In 2012, with news of the closures in Pioneer Place and construction due to commence on Katoomba's latest monolith, there were grave concerns that business in 2013 would suffer due to access interruptions for our customers and deliveries and loss of foot traffic.

Remarkably, these concerns proved to be groundless thanks to the loyal and hearty support shown by all our members, customers and friends in the community and the hard work of staff.

In fact, as Gren Olsen, Board Treasurer reported in his Treasurers Report, we had a



*A member and regular weekly shopper, Yann, comes up with a creative solution to overcome the parking issues being experienced due to construction.*

(Cont. from page 6)

*solid and satisfying financial year, maintaining the fiscal strength... slightly ahead of budget.* Good news all round. A smooth stock-take in June 2013 captained by Stock Manager, Mike P and Office Co-ordinator Shelley M indicated to the Board and our Members that all is well at the Co-op (with the occasional spill of chia seeds or quinoa to be written off!)

Susan Ambler, Donations Co-ordinator, presented her Annual Report for 2012/13 to the meeting. During the year we donated \$1080 in regular donations, in the form of monthly gift vouchers for food products to the Katoomba Neighbourhood Centre, the Katoomba Community Gardens and the Blue Mountains Refugee Support Committee. The donations box in the shop contributed additional funds to assist with irregular donations to groups in need. These monies are collected and distributed every three months to different causes and in the past year we supported the BMRSG urgent appeal, Family Support Christmas Appeal, Tasmanian Bushfires and Vale Street Men's Bushcare project. Towards the end of the year we also began making contributions of food to the BM Food Rescue and Soul Kitchen.

The amount allocated from net profits to donations was raised during Susan's report and a motion was passed that the

donations budget be increased from 5% to 10% in 2014. This brought a smile to everyone's face.

Halin, Manager (aka fearless leader), addressed the meeting with the Shop Report and recapped on a year of prosperity with a strong and positive team, great community involvement and a Board that supports and encourages creativity and forward thinking, with a solid understanding of where we are going and what we are up to in the future. Halin extended a heartfelt *thank you to our members for your patience, your wonderful stories and your commitment.*

With all the reports wrapped up, a number of administrative motions were passed regarding directors discounts (moved to decrease the percentage) and the official resignations of Amanda Quinn and Introduction of Candidates for Directors.

So for another year, thank you to the Directors, Manager and all staff and to our members, without whom we would not have the joy of opening the shop and serving every day. We look forward to a fantastic year ahead!



*This is Leanne Eagle signing off.*



## A note from Beeby

I became a Board member because I believe that the BM Food Co-op does more than just provide good food at a low price; I think its principles such as (amongst others) sustainably sourcing food and encouraging re-use and recycling of materials encourage conscious and mindful shopping practices and contribute to an educative role in the community at large. I also joined because I've had wide experience in community management, services and education and feel I have something to contribute to the ongoing management of the organisation.

I'm passionate about social justice, transformational education and change, and living from a place of integrity.

**BEEBY**

*Board Director*

For more information about our current Board of Directors and staff please go to "The People" tab on our website:

[www.bmfoodcoop.org.au](http://www.bmfoodcoop.org.au)

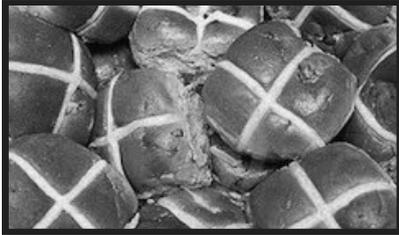
## Stock News

### Autumnal additions and Easter Treats

In the last newsletter I mentioned hot cakes and their proverbial selling capacity. Well Easter is upon us and a plethora of produce is to be found around the shop.

Plain spelt, spelt and chocolate (yummy!) gluten free Hot Cross Buns are here. Look for them on the bread shelves and as they say *get them while they last!*

Speaking of lasting, the coconut cult continues, with both Organic Coconut Water and Fresh Drinking



Coconuts to be found in the fridge. Unfortunately the extremely yummy (how about spreading it on your Hot Cross buns?) Organic Coconut Sweet Spread from Spiral is in short supply. Hopefully we'll get some back in stock when this newsletter hits the streets. Supplies of coconut products were affected by Typhoon Haiyan in the Philippines so please be patient if your favourite cream is out of stock.



As well as our tasty chocolate selection, look out for the colourful carob eggs, or have fun decorating a real egg (please either hard boil or blow first) and if you like, bring it in for the window display.

There will be a carob egg prize for our favourite decorated egg!



And don't forget autumn is a great time for local produce with awesome apples and, well, nutty nuts. Look out for local hazels, walnuts and chestnuts!

MIKE PATTERSON

Stock Co-ordinator

## Mountain Harvesting at its finest

We harvested around 80kg of potatoes this season, from a bed about 1.7m x 3.6m, with some massive monsters almost a kilo on their own. All the seed potatoes, favourites being nicolas and dutch cream, were sourced from the Co-op and planted in September last year. Because we only have a limited

number of beds and a family with a large appetite, crops are rotated ever second year and the beds work pretty hard. As we try to minimise inputs as much as possible, other than compost from the garden and kitchen, we rely on green



manure in-between food crops to replenish the soil, and it seems to do a marvellous job. The potato bed was a poor sandy/ash mix until a few years ago, barely able to sustain a few straggly flowers. Several years of green manure over winter, with alternate spring plantings of potatoes (second crop from this bed) and corn and squash, and pretty much nothing else except some blood and bone and dynamic lifter, and the soil is now a deep rich brown alive with worms and bugs. Broad beans are my preferred green manure because they are cheap and reliable and provide a large and juicy carbon bulk to the soil when dug in a couple of months before Spring.

WILL MACLEAN

### A Guide to Potatoes

***Desiree***: pink skin, pale yellow flesh, waxy  
Good for boiling, mashing, baking, roasting and salads

***Dutch Cream***: oval, yellow flesh, waxy  
Good for mashing, baking and roasting

***Nicola***: oval, yellow skin and flesh, waxy  
Good for boiling, baking and roasting

***Sebago***: white skin and flesh, floury  
Due to their floury texture they are the best for frying and making chips. Also good for boiling, mashing, gnocchi, roasting and salads.

## Chocolate: Nectar of the Gods

It's that time of the year again: stores are sprouting baskets filled with chocolate filled Easter eggs – all looking very tempting. This year, however, you may consider making your own chocolate treats instead. While this may seem to be a somewhat daunting task, it really isn't!

Did you know that chocolates purchased in stores have little or no nutritional value? This is despite the heavy marketing that advocates the health benefits of dark chocolate. Generally, mass produced chocolates contain fillers such as wax and additional oils, and they are high in sugar content. They are also heated during preparation, thereby destroying any nutritional value.

Chocolate comes from the raw cacao bean, which is one of the most nutrient dense foods available, and in its raw state is literally a Super Food. The key to chocolate's super qualities is in eating it in its raw, natural state. *Naked Chocolate* by David Wolfe and Shazzie lists the amazing nutritional properties of raw cacao beans – there are three pages devoted to listing vitamins, minerals and trace elements! Chocolate is definitely a powerhouse of nutrients providing heaps of energy when consumed raw.

So, how can you make your own super energy chocolates? Luckily it's actually very simple. The chocolates you make won't taste the same as those sold in supermarkets but once your

taste buds discover the heavenly bliss of raw chocolate they will never, ever again crave the imitation varieties.

The main ingredients used in making your own chocolates are: raw cacao, cacao butter, coconut oil and a sweetener such as rice malt syrup, honey, maple syrup or agave. Experimentation is part of the fun in creating raw chocolate treats. When making chocolate treats I use ingredients such as peppermint essential oil, cinnamon, cacao nibs, chilli, nuts and anything else I fancy at the time.

Following is a recipe for you all to experiment with... Enjoy!!

BENTE HANSON

### - BASIC -

### ♣ RAW ♣

### - CHOCOLATE -

#### Ingredients:

200g raw cacao butter  
50-60g raw cacao powder  
100g raw honey or pure maple syrup or rice malt syrup  
1 tsp vanilla powder  
1/8 tsp fine sea salt

#### Instructions:

Chop cacao butter roughly with a knife on a chopping board, to approx. 1-2cm cubes. Place cacao butter into saucepan. Melt cacao butter on low heat. Add remaining ingredients. Mix thoroughly.

Then pour immediately into lined dish or chocolate moulds or onto a tray for a thin chocolate bark.

#### Additions:

If you'd like nuts or fruit in your chocolate, sprinkle them over the lined tray or in the chocolate moulds, then pour chocolate over the top. Place in the freezer to set.

Some ideas for additions:

- ♣ cacao nibs
- ♣ dried fruit: apricots, ginger, cranberries
- ♣ nuts: almonds, macadamias, pistachios, cashews
- ♣ a mixture of above fillings!

You can also stir into the chocolate:

- ♣ shredded coconut
- ♣ spices: cinnamon, chilli, cardamom, ginger...
- ♣ edible essential oils: peppermint, orange, lemon, cinnamon... just a few drops

Swirl through the chocolate:

- ♣ nut butter (or pour a little chocolate into a mould, let it set, add a dab of nut butter, then pour chocolate over to fill moulds; or fill with chocolate hazelnut spread )
- ♣ almond or cashew butter

#### Tips:

If you try to set the chocolate at room temp it will take a very long time and often separates, so is best set in the freezer, or at least the fridge if you don't have room in the freezer.

You can replace half the cacao butter with **cold pressed coconut oil** if you want to make a cheaper chocolate - but just be aware that it will melt really easily and needs to be kept in the freezer.

BENTE HANSON

References:

[Quirkycooking.blogspot.com.au](http://quirkycooking.blogspot.com.au)  
[www.rawchocolate.com](http://www.rawchocolate.com)  
[veggienook.com](http://veggienook.com)

## **Apple Cider Vinegar: Delicious and Useful**

Apple cider vinegar, otherwise known as cider vinegar or ACV, is a type of vinegar made from *apple must*. Organic ACV contains *mother of vinegar*, which has a cobweb-like appearance and can make the vinegar look slightly congealed.

It is made by crushing apples and squeezing out the liquid. Bacteria and yeast are added to the liquid to start the alcoholic fermentation process and the naturally-occurring sugars are turned into alcohol. In a second fermentation process, the alcohol is converted into vinegar by acetic acid-forming bacteria. Acetic acid and malic acid give vinegar its sour taste.

ACV is used in salad dressings, marinades, vinaigrettes, food preservatives, and chutneys, among other things. However we are here to see what other uses ACV has.

ACV is said to have a plethora of benefits for the body, namely strengthening the tissues in the body, making us more flexible. It helps blood circulation, diluting blood in a positive way. It has a great impact on the immune system and gives its regular drinkers a sensible, vital energy. Because it also has a cello-cleansing effect, it is said to slow down the process of aging.

### **Basic cocktail for sustaining inner health:**

Mix a tablespoon of vinegar and 1-2 teaspoons of raw honey into 1 cup of luke warm water. Drink before breakfast or before going to bed.

## **Outer body health: Face Toner**

ACV has natural anti-inflammatory and cleansing properties for skin. Dilute the vinegar with two parts water, soak a cotton ball, and then apply to your entire face for tighter skin and fewer breakouts. The vinegar kills the bacteria which cause pimples and the acidity breaks down the oil that clogs the pores of your skin. Cheap and chemical-free skin care products... Sold!

### **Healthy Scalp, Shiny Hair**

Wash away the build up of other products which cause dull lacklustre hair, seal cuticles, reduce frizz, and stimulate hair growth with an ACV rinse. Apply a few tablespoons through your hair after you shampoo. For those seeking hard-core hair detox, wash your hair and scalp with baking soda beforehand.

### **Teeth Whitener**

The same theory of removing stains in your kitchen and bathroom applies to your teeth. To remove stains, rub or scrub apple cider vinegar directly onto your teeth. For some folk, ACV is tastier than baking soda.

### **Sunburn Relief**

Sometimes the sun shines through when we least expect it in the mountains and we burn. Soak a washcloth in ACV and apply to your skin. The apple cider vinegar will help relieve pain and inflammation and prevent future peeling.

### **For the home: Our furry friends**

ACV is a natural, chemical-free flea and tick treatment. Bathe

your pet with the usual shampoo, pat dry, and then spray a mix of 3/4 apple cider vinegar to 1/4 warm water all over the coat and massage into the skin. Your furry friend will not only be flea-less but will have a shiny coat too!

### **Air Freshener**

ACV is the original deodoriser. Mix with water in a spray bottle and spritz around your room and you're left with a fresh, light apple scent. (Note: You can take this one step further and use ACV as a personal deodorant. The vinegar scent fades while it neutralises your body odour. We suggest trying it on a patch of skin before going overboard as everyone has different skin sensitivities).

### **An effective disinfectant**

When it comes to heavy-duty housecleaning, bleaches are quick and effective but they're certainly not natural or non-toxic. Mix 1/2 cup apple cider vinegar with 1 cup water, and use it to wipe down your kitchen and bathroom. Pour any remaining solution in your toilet and leave overnight for extra cleaning power.

### **Blitz garden weeds**

If your garden is plagued with the annoyance of weeds trying to outshine your vegetables, ACV may be able to assist. Mix one part apple cider vinegar to eight parts water, spray it on pesky weeds and leave the rest of your garden to flourish.

Both organic and non-organic Apple Cider Vinegar are available at the Co-op.

LEANNE EAGLE

## Kelsey Elliston: 5 Minutes with a Super Schoolie

**L:** So Kelsey, tell us how long have you been a schoolie at BMFC?

**K:** I have been working at the Co-op for about two and a half years doing two shifts a week.

**L:** What do you enjoy most about working at the BMFC?

**K:** I like that there is always something new or different to learn every shift I do. Everyone I work with is kind and easy to get along with as well as extremely willing to help when I need it.

**L:** What is your favourite food?

**K:** Mangoes, as well as avocados.

**L:** What have been some memorable moments from the past year?

**K:** Finishing my HSC and then spending a week at Beachcomber Island in Fiji for my schoolies week!

**L:** What do you like to do in your spare time/for fun when you're not sunning yourself in Fiji?

**K:** I love reading and going to live music gigs and festivals.

**L:** Where do you see yourself in five years time?

**K:** Travelling to all different parts of the world (hopefully)!

**L:** Have you ever had a disaster in the kitchen? Tell us about it...

**K:** Nothing too drastic, but there were definitely a few hospitality classes at school when things like salt mistaken for sugar... my favourite was misreading 20gms of butter as 200gms for a cake recipe we were marking as an assignment.. haha.. oily!!

**L:** Do you have any words of wisdom for future schoolies?

**K:** Don't be afraid to ask questions if you're unsure about something. Don't worry, everyone understands how much there is to learn!

*Kelsey, just for a bit of fun, if you had to pick a side, which would it be (\*\*):*

<b>*Colour*</b>	or	Black and White
<b>*Hollywood*</b>	or	Australian Films
<b>*Have the power to fly*</b>	or	The Power to disappear
Watch TV	or	<b>*Read a book*</b>
<b>*Live in a city*</b>	or	The Country / mountains
Wake up early	or	<b>*Sleep late*</b>
Be able to read every ones mind	or	<b>*Always known their future*</b>
<b>*Make headlines for saving somebody's life*</b>	or	Winning a Nobel Prize
<b>*Try everything once with limited success*</b>	or	Do one thing with your life and do it very well
<b>*Make a difference in the world and be unknown*</b>	or	Be famous for doing nothing
Be hungry	or	<b>*Unemployed*</b>
<b>*End hunger*</b>	or	End hatred



**Kelsey Elliston, it was a pleasure chatting with you, thank you for your time and all your hard work!**

## Vollie Update: Autumn

Welcome to all the Blue Mountains Food Coop's new Volunteers and thanks to all the continuing volunteers who help us keep the Co-op running well. The Co-op relies on volunteers to help staff to keep the shop clean, tidy, safe, organised and well-stocked. We have up to four volunteers working in the shop each day.

If you'd like to begin to volunteer at the Food Co-op then book in for the next training evening when you are next in the shop or phone to book yourself in. We have regular training evenings for new volunteers, alongside experienced volunteers who are being updated on the new ways of working with the refitted shop arrangements. These training sessions take two hours and you accrue volunteer discount points for attending.

A thank you to all the members who volunteer and we look forward to seeing you in the shop for a shift sometime soon.

*Lesley Sammon*  
Volunteer Co-ordinator

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

Join us on Facebook to receive regular updates!

[www.facebook.com/bmfoodcoop](http://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](http://www.bmfoodcoop.org.au)

## What's in Your Basket?



*Don't Panic, It's Organic!*  
Tahlia Hamilton and Keely Morrison are ready to brew up a delicious chicken stock as well as enjoy some other favourites, peanut butter, tahini and grapes - not eaten at once!

### HOW TO SHOP AT THE CO-OP SURE TO BE A BOX OFFICE HIT!

On a fine morning in February, Michael Hargraves, director and producer, and the stars of *How to Shop at the Co-Op*: Georgia *the tentative shopper*, and Sam *the helpful young shop assistant*, filmed a short piece on *how to at*



the Co-op aimed at demystifying some of the irks and quirks of shopping and having some fun as well! Scripted by Larry Buttrose, board Director and author, *How to Shop at the Co-op* will be released in the coming months on our website and facebook so keep a look out for this fun project!

Thank you all involved, and to Jesse for his assistance with filming. Thanks goes to Oliver for his participation.



## BM Food Coop Donations

The Co-op makes regular donations to the Blue Mountains Refugee Support Group for food for refugees in Villawood Detention Centre. Regular donations also go to the Katoomba Neighbourhood Centre's Community Lunches and the Breakfast Program at Katoomba North Primary School. Blue Mountains Food Rescue collects some of the food that we can't sell for their Sunday lunch project. We also make a small number of one-off donations for projects or events prioritising social justice, community support and food-related projects.

Thank you very much to all the shoppers who kindly and generously donated to the Blue Mountains Family Support Services Christmas Appeal. \$200 was donated through the donations box on the counter in the shop to help local families with food and Christmas gifts for their children.

Now the donations box is raising money for those suffering from the impacts of Typhoon Haiyan in the Philippines. This is being donated through Oxfam who work together with the communities affected to help with restoration and relief.

Thanks for all the donations in the donations box, they add up and do make a difference.

*Lesley Sammon*  
Donations Co-ordinator