

# co-opnews Dec. 2005



Newsletter of the Dublin Food Co-Op

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I'd like to wish everyone a happy, peaceful Winter Solstice and Christmas time. This shorter edition of the Co-op News comes at the end of a busy year for the Co-ordinating Body and the members. On behalf of the CB, I'd like to thank all the staff and volunteers for all their hard work and commitment over the year. The smooth workings of the Co-op is not possible without this commitment.

This year has been a challenging one for the Co-op and we have come through this. The decision making process has been hard for all of us but lets continue to grow and thrive in 2006!

Monica Haughey (Editor & C. B. member)

## A Brief Word from the Chair

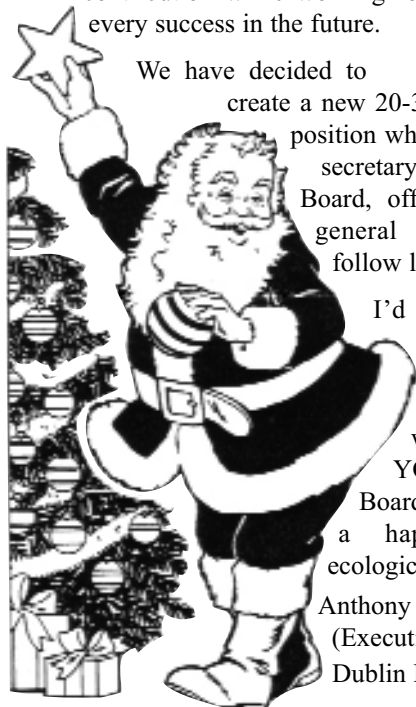
2005 has been a busy year for the Co-op and the CB.

We adopted a development plan, nearly moved premises, had, shall we say, a robust SGM, removed the 1,500 cap on membership and suffered a staff loss when Kevin O'Farrell resigned following it all. It is important to thank him for his contribution while working for us and to wish him every success in the future.

We have decided to create a new 20-30 hour per week staff position whose duties will include secretary, minute taker to the Board, office administrator and general duties. (Details will follow later)

I'd also like to acknowledge the excellent and sometimes thankless work being done on YOUR behalf by YOUR Board and wish all members a happy, peaceful and ecologically sound Christmas.

Anthony Harris  
(Executive Chairman)  
Dublin Food Co-op



## News from Stall holders Christmas Supplies of Fruit and Veg.

Unfortunately the Co-op cannot open next week at all as "St Andrews" is not available. However, some of the producers selling fruit and vegetables are arranging for those who wish to get vegetables on Christmas Eve, to place an order with them now. Please contact individual producer for details. Christy has asked we let people know that the market he and Penny used operate in Terenure has now ceased.

## A Word from Penny Lange

Christmas: so many things to remember, - those people we want so see again, extra errands, the fun of looking for gifts for loved-ones, school plays, bazaars, memories of those we used to share our Christmases with, and so very much to be done.

Looking back over the year there have been changes and surprises. Things turned out differently to what we were expecting, and we have a new year ahead to try new ideas.

Some tips: A lovely addition to your Christmas table is lambs lettuce salad with walnuts, and chestnuts are great with brusselsprouts. Start the meal with a small portion of raddichio and endive salad as they really encourage the digestive juices and will give you a more enjoyable meal.

To help you all with you Fruit and Vegetable supplies over the festive season we will take orders for Christmas week on Saturday 17th. I am offering several pick up points;

Terenure area on Thursday 22<sup>nd</sup> from 2-5pm.

Newbridge Farmers Market, Friday 23<sup>rd</sup> from 10 -3pm.

Outside Food Coop, Saturday 24<sup>th</sup> from 8-11am.

(From Ballinroan on Thursday and Friday, by arrangement.)

Udo and I would like to thank co-op members for all their support this year, we wish you a peaceful Christmas and a New Year full of hope and goodwill, and may all your meals be blessed!

Penny Lange.



## Food Co-op Walk For December

**WHERE:** Kilcoole to Newcastle along the coast and back to Kilcoole. This is a sea walk with some great bird-watching in the Kilcoole marshes. It is an easy enough walk along the flat. We will end up in Kilcoole for a Christmas drink or a coffee shop.

**WHEN:** Sunday 18th December which is this Sunday, a week before Christmas and not the last Sunday of the month as is the usual practice.

**MEET:** At the end of Kilcoole village at the junction with the left turn which leads to the sea at 11.30am. There is at this junction a pub on one side and a coffee shop on the other. Kilcoole is about one kilometer in from the sea 3 kilometers south of Greystones and Delgany.

**BRING:** Comfortable walking shoes, raingear, warm clothing and some food. For more info or if you need a lift ring Larry Gordon at 2882957(H) or 087-6832827(Mobile).

## Help Rota Teams & Dates

### Team Dates 2006

E	7th Jan
F	14th Jan
G	21 Jan
A	28 Jan
B	4 Feb
C	11 Feb
D	18 Feb



## Dublin Food Co-op Events 2006

### Saturday 7th January '06

Pauric Cannon presents a slide show of his recent round-the-world trip which included visits to a credit union co-op and a farmers market in Moscow and an organic farm in Mongolia. Room (2) 11am to 1pm.

### Saturday 4th February '06

Oisín Coughlan, Director of Friends of the Earth speaks on Climate Change. Why Ireland needs to do its fair share to prevent climate change having catastrophic consequences. Room (2) 12 noon to 1pm.

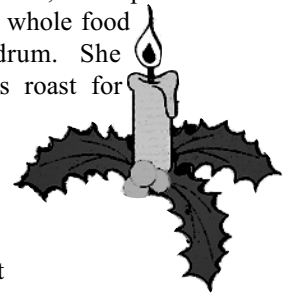
### Saturday 4th March '06

Sinead O'Brien, Coordinator of SWAN (Sustainable Water Network). A talk on 'The need to protect Ireland's water resources for present and future generations'. Room (2) 12 noon to 1pm.

**Note:** all talks take place upstairs in St. Andrews, in room (2).

## Christmas Cooking

This recipe was provided by Dorene Palmer, a Co-op member who regularly runs classes in whole food cookery in Airfield House, Dundrum. She recommends this tasty and nutritious roast for Christmas time.



### Chestnut Roast

Serves 6

250g dried chestnuts, soaked overnight  
2 tbsp cider vinegar  
150g parsnips, finely chopped  
150g carrots, finely chopped  
100g Brussels sprouts, finely chopped  
1 tbsp sesame oil  
1 onion, chopped  
3 garlic cloves, crushed  
2 tbsp tamari or soya sauce  
½ bunch of thyme  
100g mushrooms, finely chopped  
Juice and grated rind of 1 orange  
400g wholewheat breadcrumbs  
275ml vegetable stock, approx

Cover the chestnuts with plenty of water and boil in a saucepan with the cider vinegar until tender.

Heat the oven to 170C (325F / Gas 3). Meanwhile, steam the parsnips, carrots and sprouts for 8-10 minutes until tender. Leave to cool and set aside. When the chestnuts are cooked, pour off the water and chop or mash them. Put into a large mixing bowl. Put the oil in a pan and add the chopped onion, garlic and thyme sprigs. Cook gently. Add the tamari and mushroom and continue cooking for a further 5 minutes. Remove the thyme sprigs.

Remove from heat and combine the sautéed mushrooms, steamed vegetables and the chestnuts. Add the orange juice and rind, together with the breadcrumbs. Mix vigorously and gradually add the stock or water until the mixture has moist consistency. Press into a well-greased ovenproof dish and bake for 30 minutes or until cooked through. Cool slightly before turning out onto a board.

Note: you can buy vacuum packed chestnuts.

(Dorene regularly runs classes at Airfield House, Dundrum she can be contacted at 01-2149662, or e-mail palmerdee@gmail.com.)

## Please Note: Co-op re-opens Saturday 7<sup>th</sup> January 2006.

Any articles for inclusion in next newsheet should be forwarded to editor@dublinfoodcoop.com .

Editor of this newsletter is Monica Haughey (Co-ordinating Body). Layout and Design by Anthony Dillon (Co-ordinating Body).