



Community Fair Trade Organic

co-op news

Oct/Nov 2008

newsletter of the Dublin Food Co-op

Dear Food Co-op Members,

Welcome to the October / November issue of the newsletter. Indeed, welcome to, what has turned out to be, our Poetry Issue! We've had submissions – some brow-beaten it has to be said - from young and old, both serious and not so serious, but all on the subject of food. We hope to include more creative pieces in future issues, so if anyone would like to share musings on what they eat or buy or bake or cook, please feel free. Submissions can be in the form of short pieces, (200 – 300 words) or yet more poetry and can be profound, instructive, humorous or just plain silly in tone! Children's efforts are especially appreciated.

And because food is what the Co-op is all about, we're beginning a series on cooking ideas for various vegetables and grains.

We're also continuing, having started with the Chairperson, Jaan, in the previous issue, a series of interviews with people associated with the Co-op, both members and staff.

In the meantime, Happy Hallow'een!

Fionnuala Ward (Editor)

Recession Buster - Special Ballybrado Ex Stock Deals

Dublin Food Coop received a large amount of non-food items from the closure of the Ballybrado shop in Tipperary last year on a sale or return basis with some items coming close to their sell-by or use-by dates, allowing us to offer ONCE-OFF FANTASTIC price deals and REDUCTIONS.

Watch the 'bargain basement basket' at the tills for special offers and close- to-date sales on all-organic health & beauty products, lotions, gels, shampoos, sun creams, sauces and condiments.

The otherwise good value products can be found on the blue rack next to the tills on the way in to the store room.

Finally, watch out for a few draws down the line, including above products and the odd yoghurt maker...

Food Coop staff and Product Group

Competition: Spice up your space

The Dublin Food Coop has a great venue location in the middle of the city. We want to hear your low-budget ideas to transform the space from 'four walls and a roof' to 'funky festive feeling'.

You might suggest some furniture, decorations, installations or activities. Whatever your ideas, they'll help to build on the venue hire potential of the Newmarket premises as well as make for a warmer weekly market.

The best new idea, as judged by the Venue Coordinator and the gang at the Amnesty Freedom Café will receive a DFC voucher worth €40 and free coffee for you and your five friends on Saturday 6th of December.

Contact the Venue Coordinator with your ideas by Saturday 6th of December: venue@dublinfood.coop

The market hall (400 sqm), the meeting room (50 sqm) and ample wall space at the Dublin Food Coop premises present opportunities to do just about anything under a roof. Add in the city centre location, reasonable rates, parking space and the option of Amnesty's Freedom Café for an attractive venue hire solution.

The space is suitable for talks, workshops, meetings, seminars, classes, art exhibitions, action campaigns, themed events, training events or general gatherings.

Autumn 2008 DFC Venue events:

Tuesday's at 18.30 – Yoga with Darcy (087 1368661)

Wednesday's at 19.00 – Drumming with Aoife (087 1078444)

Thursday's at 19.00 – Singing with the Liberty Singers (Anna Felton 087 1269541)

Saturday 6th of November at 20.00 – Vegetarian Society of Ireland celebrates 30 years.

01 454 4258 | www.dublinfood.coop

Co-op Opening Times

Thursday 2 – 8 pm

Saturday 9.30am – 4.30pm

Amnesty's Freedom Café – More than Just a Cuppa

As you may know, Amnesty's famous Freedom Café is now residing at the Co-op. So, we thought you should know what the Café offers and how it promotes Amnesty's work in the human rights movement.

The Freedom Café is much more than a coffee shop. It offers the latest Amnesty publications to read and a space to chat as you sip on fair trade coffee or tea.

The first Amnesty Freedom Café was born in 1995 at the heart of Dublin in Fleet Street. The main purpose of the Café is to allow members and non-members alike access to human rights materials and opportunities to take action. While the Café in Fleet Street is being renovated, the new Co-op space is being developed to offer a space where you can relax with a tea or coffee and learn more about our role in the human rights movement.

Amnesty International is a worldwide movement of people who campaign for internationally recognized human rights for all. Our supporters are outraged by human rights abuses but inspired by hope for a better world - so we work to improve human rights through campaigning and international solidarity.

If you would like to do more to support Amnesty International's work while you have your coffee, then grab a membership form at the Café and add your name to over 2.2 million members who are lending their support to the global human rights movement.

Economic independence is essential for one's human dignity. That's why Amnesty International promotes fair trade. All of our tea and coffee are fair trade, which ensures that producers get the resources to develop, and avoid dependence on aid. Apart from tea and coffee, the Café offers soups and pizzas made from local produce. So, on your next visit, don't forget to pick up the latest Amnesty magazine along with a hot cuppa.

Recipe: Spicy Green Cabbage: Recipe by Pat Tobin

Cabbage is very often viewed as boring or tasteless or, worse still, a very earnest, good-for-you-so-you-should-just-eat-it kind of vegetable. But below Pat offers an alternative cabbage recipe which is both spicy and delicious.

Serves 4

10 minutes to prepare. 15 – 20 to cook

1 head ((or ½ depending on size) of green cabbage with the tougher outer leaves removed

2 teaspoons of cumin seeds

1 teaspoon of mustard seeds

1 tablespoon of oil and ½ oz of butter

Water

Wash and finely shred the cabbage. Heat the oil and butter in a frying pan or wide saucepan. Add the seeds. Seeds will pop in the heat, so it's best to reduce heat a little in case they pop right off the pan. Just heat to toast them. When you smell them, add the shredded cabbage and toss well. When the cabbage has started to cook and reduce in size add a little water. Continue to cook for 10 – 15 minutes until the cabbage is cooked but still crisp. Add black pepper and serve immediately.

An interview with Tim Cookson, Co-op Operations Manager

Tim has been working in the Co-op for almost eleven years now and commutes from Bray to the D.F.C. premises roughly three times a week. He can be found, most Saturdays, on the tills at the Co-op desk or just as easily out on the floor doing all or any last-minute jobs.

Tim has always been interested in vegetarian issues and even before moving to Ireland from the UK, was aware of the Co-op's existence but, on trips to Dublin, had never quite managed to find it! Happily, once ensconced on Irish soil, its location was pinned down and Tim signed up almost immediately as a volunteer. Within a year, he moved on to being a staff member and has been with the Co-op ever since.

Many changes have taken place in the Co-op during that time and Tim particularly remembers what he describes as 'the heart of the co-op' on Saturday afternoons, with volunteers chatting away while filling bags of rice and lentils. Health and traceability regulations brought an end to this activity and its demise was much mourned until it was discovered that the freed-up space ensured people still stayed around and still chatted but just didn't fill bags when doing so! A growing emphasis on organic issues, as well as all things vegetarian, was also an innovation worth noting over the years, which Tim ascribes to a much more widespread movement away from mass-produced foods.

The move to Newmarket Square was, of course, another big change and a 'very positive' one at that. Tim would love to see the building open more days a week and used for any manner of activities such as exhibitions, gallery space, receptions etc. Tim's enthusiasm for the Co-op is palpable. The market and the community it attracts are very close to his heart. Outside of family, the people Tim meets and talks to and works with every Saturday are clearly what counts. 'It's all about community', he points out, 'and the Saturday market is still my community after all these years'.

Congratulations

The newsletter would like to offer its congratulations to the Co-op's own Anto Dillon for his interview in the *The Irish Times* on Saturday, October 11th. The interview was based on the zine Anto writes with his brother, Eugene, entitled 'Loserdom'. 'Loserdom' is available at the Co-op and we recommend it to all our readers!

Congratulations are also due to the Artisan Pizza Company, who received a much-merited, rave review from Hugo Arnold in *The Irish Times* on Saturday October 4th. Well done to both Gianpiero and Cliona!

Both pieces gave prominent mention to the Dublin Food Co-op. Hooray!

Poems by Kevin Gallagher

A Recipe for Love Soup

2 people
No money

Break up ingredients and mix well
Blend together
Stir slowly

Bring to boil

Add a sprig of honesty
A little thyme
& a dash of abandon,

Season with some humour

Serve while hot

Makes a good winter warming soup

Honey

In the air comes a snowflake.
The snowflake falls
into a crevice.

In the crevice,
there grows a flower.
To the flower
comes a bee,

From the bee comes honey,
the sweetness of the air
to fill my tummy.

Poems by grown-up members who, perhaps, have too much time on their hands...

Wormy Apples

Organic apples sometimes have worms
Little fat red ones that wriggle and squirm
So if you're a veggie you better watch out
And spit that apple right out of your mouth!

Organic Carrots

I once got a carrot that looked like two legs
With a bum on top and a big nobbly head
The legs were quite crunchy, as was the rest
But I have to admit that the bum tasted best!

For Strictly Come Dancing Fans

There once was a lentil called Yentl
Whose pulse raced when she danced the Continental
To a dishy partner one soiree she whispered gently "how are ye,
Come to Puy with me tonight or I'll go mental"

Hannah's Lunch

Sometimes when I open my lunchbox
The other kids look and say yuk!
She's got carrots and celery
And lots of other raw stuff

And then when I look at their lunches
And see chocolate spread on white bread
I think why do we shop at the Co-op
And not at the Spar instead

But then when they're sick and unhealthy
With great big black holes in their teeth
I think in some ways I'm quite lucky
That my Mum's such a vegetable freak

Poems by younger co-op members:

Co-op rainbow

I went to the co-op one normal, rainy, Irish day
When I was in, I looked here and there and it looked like summer
was here, YIPPEE!
Every shelf was like a rainbow
One was as red as a bright as tomato
Oh, what is that?
It is scary,
it is orange,
it's just a pumpkin with a scary face
So me and my Mum went over to each shelf and picked a few
things
and soon our basket was like a rainbow too!
We went to the till and paid for it all
But most of all I cannot wait
to cut the pumpkin
put a candle in
and scare people off!

By Anna Cullen, age 10

Organic Apples

Organic apples,
They're healthy and sweet
Organic apples,
They're fun to eat
Organic apples,
I love them so much
Organic apples,
I can't get enough!

By Lucy McCann, age 10

Apples, Apples

Apples apples every where
Crunchy and sweet
And good to share
They're the best fruit
In the world
With the freshest one's
At the Co-op I'm sure

By Hannah-May McCann, age 7

Dublin Food Co-op Hosts UK Food Co-op Visitors

Seven food co-ops, two community-supported agriculture projects, one representative from the UK Soil Association and a number of London-based organic allotment holders visited Dublin Food Co-op recently to check-out the food co-op and the urban food allotment scene in Dublin.

The visit was organized by SUSTAIN, an alliance of around 100 national organisations in the UK, working on food and agriculture policies and practices that enhance the health and welfare of people, animals and the environment. At a local level, SUSTAIN actively supports food co-ops and urban food growing projects.

Planning the Dublin itinerary for our visiting food co-ops were; Kathe Burt O'Dea, (Sitric Community Composting Garden), Sarah Finlay, (Healthy Food For All), Bruce Darrell, (Dublin Growing from the Ground Up) and Pauric Cannon, (Dublin Food Co-op)

On Friday 26th, our visitors were welcomed to the Sitric Community Composting Garden by what seemed like half the local community. An alfresco style breakfast had been prepared under a billowing canvas canopy. The food was all home-made and home-grown, by members of the Sitric community.

Sitric's founders believed that composting offered a practical way of involving the local community in creating a garden. In fact, they viewed composting as a 'social and environmental revolutionary tactic'. Their very first step was to place two composting bins on a scrap of railed-in wasteland at the end of the terrace of sixty two-up, two-down houses. From this modest beginning, they have grown over 40 varieties of herbs, two tomato plants, a number of organic vegetables including lettuce, cabbage and beetroot as well as both long neck sunflowers and passion flowers. The garden also has room for three composting devises, one of which has been generously supplied with rabbit poo, by an enthusiastic, local rabbit breeder!

The garden has engendered a wonderful sense of community cohesion in the area. Besides hosting visitors like our food co-op guests, Sitric hold an Annual Herb Harvest Festival and biannual street parties.

On Saturday, September 27th, the group visited Dublin Food Co-op and met with staff and CB members over a light lunch. A workshop was given by Bruce Darrell of Feasta on 'A Food Security Framework for Dublin'. Bruce's workshop was followed by a talk and slide presentation, by Davie Philip of Cultivate, on sustainability and the Cloughjordan Eco Village project.

The visit was enormously successful and we hope it can be repeated in the future. In the meantime, we hope to keep all channels of communication open.

Pauric Cannon (Development Co-ordinator)

Co-op Walks

November Walk

Where: Kilakee to Ticknock across the Dublin mountains

When: Sunday November 30th

Meet: Car-park of Hell Fire Club at 11 am.

For all walks bring comfortable footwear, warm and waterproof clothes and some food. For more info. or if you need a lift contact Larry Gordon at 2882957 (Home) or 087-6832827 (Mobile).

Help Rota Dates 2008

A		13- 15 Nov	18- 20 Dec
B		20- 22 Nov	
C	23- 25 Oct	27- 29 Nov	
D	30 Oct- 1 Nov	4- 6 Dec	
E	6- 8 Nov	11- 13 Dec	

Please note that the 2009 dates will be available at the Help Deskh in the next few weeks and in the next issue of the newsletter.

Co-op News Team

Fionnuala Ward (Editor), Anthony Dillon (layout). Any articles, letters, opinion pieces for inclusion in next newsheet should be forwarded to the same address: info@dublinfood.coop (subject: newsletter).

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