



Community

Fair Trade

Organic

# co-op news

May / June 2009

newsletter of the Dublin Food Co-op

## Dear Food Co-op Members,

**W**elcome to our early Summer edition. There have been regular glimpses of sun in the Dublin skies and evenings are stretching to 9.30 and beyond. All the more reason to be out and about and we strongly recommend a stroll in the company of Larry and his fellow D.F.C. walkers. Larry's description of these walks, in this issue, would certainly prompt a concerted rummage for long-lost boots and backpack!

The Summer is also a wonderful time to experience a variety of fresh fruit and vegetables. Pat, our seasonal specialist, fills us in on what is good to eat at this time of year .

The newsletter would like to welcome the seven newly-elected members to the Co-ordinating Body. Congratulations and sincere thanks to all seven, as participation on the CB entails considerable time and commitment.

Which brings us nicely to the Co-op AGM, which finished promptly at 12.00 p.m. on April 16th after a mere eight hours of debate and deliberation. It was long and it was, at times, divisive. But it was also an unambiguous demonstration of democracy in action and to all who turned up on either April 2nd or 16th many thanks. As for those who turned up on both occasions, there are rumours about that an 'I survived the 2009 AGM' t-shirt is in the making. I suspect orders will be quite healthy.

*(Fionnuala Ward, Editor and Co-op member)*

## Introducing the new CB

The Co-ordinating Body for 2009 / 2010 are: Aodhagan O'Broin, John De Courcy, Mark Malin, Alison Vencill, Owenroe Lemass, Baptiste Gosselin, Kevin Farrelly, Jaan Van de Ven, Arthur Duignan, Fintan Molloy and Richard O'Reilly

Some of the new members have kindly provided some background information on their involvement with the Coop.

Mary Mc Dermott had been a member of the coop for about 15 years. She appreciates the selection of organic foods available, the atmosphere and also the cooperative ethos. These are what have kept her coming!

Owenroe Lemass has been a Co-op member for most of the last 8 years. He is an engineer with a Master's in renewable energy technology. He is also involved in theatre and music. He has a keen interest in growing food, his father was a full time grower and founding member of the Coop.

## New Chairperson

John De Courcy is the new chairperson of the Food Co-op's co-ordinating body. John has been a member for over three years and is a current stall-holder. He and his wife Geraldine operate Tropical Oils Europe which holds a certified third country Organic importers licence and are certified by the Organic Trust. The company specialises in Organic and Natural health foods as well as natural cosmetics and health focused home care products such as water treatment. John has a particular interest in products made from organic coconut.

He is keen on strengthening the organic presence within the co-op and enjoys the interaction with like-minded people, which every Saturday brings. John joined the CB because he felt he could contribute something both from a business perspective and as a producer member.

John feels that the CB should represent the feelings and aspirations of all members. He is fully in favour of expansion but is adamant that the community aspect of the co-op be maintained at all costs. John's vision of the co-op includes the offering of services, advice, help and co-operation to both community groups and individual members, enriching the members experience of the Coop as a place to meet , eat , educate and exchange views/experiences

We wish him all the best.

## New Opening Hours

The Dublin Food Co-op is now open earlier on Thursdays, just in time for your lunch break at the chilled vibes of THE CO-OP. Our new opening hours are 12.00 - 20.00

## Mini-Meithals

The second Thursday of each month is now our Mini-Meithal time (16.00 - 20.00). We've a task list of things to truck through, but if you've got a particular project you'd like to see carried out - we'd love to hear from you. Get in touch with Dave at [venue@dublinfood.coop](mailto:venue@dublinfood.coop).

## Art @ The Co-op

Our new art exhibition space in the market hall is ready to help sell your colourful creations. Space will be prioritised to quality works with a reasonable sale potential and a commission will go to support the exhibition admin and the Co-op. We'll regularly rotate the work and we might even call for themed exhibits.

## Dublin Food Co-op Walks

The walks have been taking place for almost ten years now and always happen on the last Sunday of every month. They started in 2000 when Gerry Boland, the co-ordinator of the co-op at the time, asked me to lead a monthly walk, knowing that I was well acquainted with the Dublin/Wicklow mountains. Since then they have happened, almost, without fail on the last Sunday of every month, usually led by me but occasionally by someone else.

Walks have also extended beyond the Dublin/Wicklow hills to include many other places in and around Dublin, Meath, Kildare and even County Louth. They are not all mountain walks but include walks along the seaside, valleys, cliffs, bogs, woodlands, rivers and islands. In addition we have gone on walking holidays in summertime to such diverse places as Kerry, Clare, Donegal, West Cork and Wales.

The walks vary in length and difficulty from month to month. We might do a flat walk along the coast one month and then, next time, climb two or three mountains. It depends to some extent on the time of year, as I try longer walks during the long days of summer. But they generally tend to be easier rather than harder and walkers don't need to be very fit because we stroll, rather than march, at the pace of the slowest person.

We stop as often as people like and are very keen on looking around and taking in our surroundings, whether they be the views from a summit or the wildflowers growing along a track. I have a background in biology and we also frequently have the company of a friend, Terry Doherty, a wildlife ranger from the Parks and Wildlife Service, who has a great body of information on the history, archaeology, place names, land-use, as well as, of course, the fauna and flora of Ireland. Indeed we frequently have walks with wildlife specifically in mind, whether to Ireland's Eye or Bull Island to see birds, or a bog or woodland to investigate the flora.

We generally meet at a well-known landmark suitable to the walk in question, around 11a.m. Sometimes the meeting place is reachable by public transport but, if not, we can always organize lifts for anyone who needs it. After a short wait we may drive off to the starting point of the walk or start walking directly from the meeting point.

We suggest people bringing suitable, comfortable footwear such as hiking boots or walking shoes if on an easier walk. Warm clothes and raingear are also recommended in accordance with the time of year and weather conditions. In addition we encourage everybody to bring food and drink for a picnic lunch somewhere along the track.

The walks are generally advertised in the Co-op newsletter or posted up on the notice-board the day before the walk at the Saturday market. If you'd like any more information, feel free to contact me on 087-6832827.

Larry Gordon

(Co-op Member)

### May Walk

**WHERE:** Irelands Eye and Howth castle. Irelands Eye is an island off the coast of Howth village and has an abundance of nesting seabirds at this time of year while Howth castle boasts a wide variety of species of Rhododendron which are also at their most spectacular at this time.

**WHEN:** Sunday May 31st.

**MEET:** At Howth Dart station at 11am.

### June Walk

**WHERE:** Keadeen mountain in Glen of Imaal.

**WHEN:** Sunday 28th June

**MEET:** Donard village in Glen of Imaal at 11am. (Donard is south of Blessington, taking the Baltinglass road for 17km and turning left for 3km at the 'Old Tollhouse Pub'.

For all walks bring comfortable walking shoes, warm and rain-resistant clothes and some food.

For more info or if you need a lift contact Larry Gordon at 087-6832827.

## "Chapter 2"

A writers club at the Food Co-op.

Chapter 2 is the name of an initiative to create an informal hand-writing club here at the food coop. As we now live in an age of emails and text messages, the art of writing is diminishing and people are losing their hand-writing skills. So, let's do something about this!

Members will be encouraged to use INK, NIB AND PEN.

Once a month, those willing to join will meet at the co-op and engage in the creative writing process. Postal stamps and envelopes will be provided to those who wish to send hand-written letters to other members. The idea is really to have an enjoyable, social evening and practise hand-writing at the same time. A topic will be chosen for discussion - fiction, non-fiction, popular culture etc. - and then everyone gets a chance to write down their thoughts / feelings / points of view.

Interested people should register their names with the Co-op member Siraj Zaidi (at the North Indian Gourmont Delight) food stall.

Rule: No emails or text communications are allowed.

## The Co-op Would Love It If...

...you were able to help us with a few items which would brighten up our space and make our maintenance a bit easier. If you've got any unwanted items you think'd be useful for us, get in touch at [venue@dublinfood.coop](mailto:venue@dublinfood.coop) or 087 6328157.

- Art (for you to sell at our growing Art Exhibition space)
- Lamps and lights (desk lamps, fairy lights, etc.)
- Catering supplies (cooker, pots, pans, etc.)
- DIY tools (for use in general maintenance around the place)
- Paint (for both indoor and outdoor smarting-upping)
- Plants (indoors and outdoors for the rear decking)
- PA System (to ease the burden on the announcement shouters)
- Electric heaters (brrr - its cold in here in winter)
- External hard drive
- Large TV (to hook up to our DVD player)
- Storage Units (to keep all the bits and bobs in order)
- Garden furniture (suitable to brighten up the rear decking e.g hanging baskets)
- Cleaning stuff (for cleaning stuff)
- Metal Cabinet Lockers

Thanks! We really appreciate your help.

## Events At The Co-op

More events as they come on stream on your website at [www.dublinfood.coop](http://www.dublinfood.coop)

Venue hire inquiries to [venue@dublinfood.coop](mailto:venue@dublinfood.coop) 087 6328157.

### THUR 21st MAY 2009 | CONVERSATIONS ON VOLUNTEERISM | 18.00 - 19.30

Dublin City South Volunteer Centre presents your volunteer evening. A fun and informed evening to meet other volunteers, meet the staff of the volunteer centre, find out more information about volunteering and get involved in some interesting chats about volunteering.

How does it work? Everyone gets a chance to participate in three conversations with other volunteers, volunteer centre staff and special guest facilitators. Each chat lasts about 20 minutes and then facilitators swap tables and introduce a new topic.

The guest facilitators are: Michael Rossney from Generation Text ([generation-text.ie](http://generation-text.ie)), Marie Mulvihill from D8CEC ([d8cec.com](http://d8cec.com)) and Paula Byrne from Merchant's Quay Ireland [mqi.ie](http://mqi.ie). Come along for a cuppa and a chat! Spaces are limited so RSVP your attendance by May 14th to [kim@volunteerdublin.ie](mailto:kim@volunteerdublin.ie).

### THUR 28th MAY 2009 | BOARD GAMES | 17.00

#### Bored? Games!

On the fourth Thursday of the month, we'll be playing host to board games of all sorts and styles - chess, scrabble, dominos, monopoly, cards, etc. Bring along your own favourite board game (or donate one) from 17.00, find a player, and win or lose gracefully.

### SAT 30 MAY 2009 | SOUNDHELAING WORKSHOP | 12.00 - 13.30

In this workshop you will learn the long forgotten art of healing through sound. We will use sound for opening up, tuning our chakra's and energy systems and connecting with higher states of vibrations (consciousness) for bringing the harmony back in our lives. We ourselves are orchestra's capable of making the most beautiful music (lives), but only when we are tuned right.

Fee €15 (discount for DFC members). Contact Mike Sehringmaekers 086 8816897

### SUN 31st MAY 2009 | DUBLIN FLEA MARKET | 11.00 - 17.00

Scheduled return of the Dublin Flea Market

### SAT 6th JUN 2009 | VSI AGM (VEGETARIAN SOCIETY OF IRELAND) | 12.00 - 13.30

The Vegetarian Society of Ireland host their Annual General Meeting in the members' meeting room.

### SAT 6th JUN 2009 | CIRCLE DANCING | 14.30 - 15.30

Christine Warner brings you a series of circle dancing sessions. For more information, please contact Christine at [cwarner1@gmail.com](mailto:cwarner1@gmail.com)

### SAT 6 JUN 2009 | MOVIE NIGHT - JAPAING! | 19.30 - 21.30

The definition of JAPAING (pronounced ja-pang) is a simple one. It's a verb, noun and a feeling all at once. It's a very specific kind of awesome, mostly derived from Asian culture, such as movies and games. It's about ass-kickery, brilliant storylines, outrageous statements and life affirming goals and messages. Films that make your jaw drop and your brain think.

Our first film will be Nausica Princess of the Valley of the Wind, a Studio Ghibli production by Hayao Miyazaki. It was presented by the World Wide Fund for Nature in 1984. It's a kid friendly movie, so bring the young ones along! Organic cinema-style food will be available to buy. This event is free for all, however donations will be accepted. Email us at [japaingmovienight@gmail.com](mailto:japaingmovienight@gmail.com)

### SUN 7th JUN 2009 | THE CRAFTY MARKET | 11.00 - 17.00

Scheduled return of The Crafty Market

### THUR 11 JUNE 2009 | MARC MOISSARD COOKERY CLASSES \* 2 | 19.30 - 21.30

French Chef Marc Moissard offers two classes of modern vegetarian cuisine inspiring you to cook gourmet meals to impress friends with great recipes and simple tips. Then after the class, sit down and enjoy the food.

You will learn to make innovative vegetarian dishes step by step with good fun and cookery demonstrations exploring the culinary pleasures of cooking with spices, herbs, flowers, fruits, vegetables, chocolate, etc. All ethical and organic where possible. You will improve your skills, develop confidence to taste and adjust flavours. Marc will provide a menu booklet with detailed recipes to follow, tips of the day and more...

**BOOKING** Must be made at least two weeks in advance

**FEE:** €34 per class, €4 discount for Dublin Food Co-op members

**CONTACT:** Moissard at 087 7504078 [marc.moissard@gmail.com](mailto:marc.moissard@gmail.com)

Tell me what you eat, I'll tell you who you are

(Anthelme Brillat-Savarin (1755 - 1826); French Lawyer, Gourmet and Philosopher)

### SAT 13th JUN 2009 | DFC FÁILTE | 11.00 - 12.00

The DFC Fáilte - an information meeting for new members takes place on the 2nd Saturday of the month in the members meeting room.

## Help Rota News

Help Rota dates for remainder 2009 are available on the Help Rota Noticeboard, situated on the rampway into the storeroom. NEWS: Help Rota Social Night coming soon! (Provisional date Thurs 25th June).

[helprota@dublinfood.coop](mailto:helprota@dublinfood.coop) for more info

## Co-op News Team

Fionnuala Ward (Editor), Anthony Dillon (layout). Contact: [info@dublinfood.coop](mailto:info@dublinfood.coop) (subject: newsletter).

**Dublin Food Co-op**

**12 Newmarket**

**Dublin 8**

**[www.dublinfood.coop](http://www.dublinfood.coop)**

**[info@dublinfood.coop](mailto:info@dublinfood.coop)**

# Co-op Recipes!

## The Green Shoots of Summer

Another season is definitely upon us and as our days lengthen and we have more hours of sunshine, so too the food available to us changes. We can always be assured that the new shoots of green growth will appear and bring us new food and new possibilities. Spring and early summer is the season of green food and what is most easily available in Ireland is purple sprouting broccoli, asparagus, radishes, spring onions, celery, lettuce, rocket and broad beans. From a little further afield, we'll get wet garlic and artichokes. Its also great fun to forage this time of year, and the green leaves of wild garlic and young dandelions are great for adding to salads and other dishes. The white flowers of the wild garlic can also be eaten and make a lovely colour contrast in a green salad.

As all of these vegetables are quite light and require very little cooking, they make great quick dinners that don't qualify as fast food!

Below are three of my favourite suggestions for this time of year.

For a quick stir-fry, Fry some purple sprouting broccoli, spring onions and finely chopped garlic and ginger. Add cooked noodles and dress with coconut milk and soy sauce.

There is no comparison between asparagus in season and that which is flown in from Peru for most of the year. It really is worth waiting and eating asparagus only for the month that it is in season and you can also enjoy thinking about all the air miles that you are saving.

### Asparagus Frittata

- serves 2

#### - Ingredients

2 teaspoons olive oil

1 small onion, thinly sliced

1/2 teaspoon salt

8 spears of asparagus, tough ends snapped off, cut diagonally into 1-inch lengths

4 large eggs, lightly beaten

2oz shredded Gruyere or Swiss cheese

#### Method

Heat olive oil into a 10-inch oven-proof frying pan over medium high heat. Add onions and salt and cook, stirring occasionally, until onions are softened, about 3 minutes. Add asparagus; reduce heat to medium-low, and cook, covered, until the asparagus are barely tender, 6 to 8 minutes. Pour in eggs and cook until almost set, but still runny on top, about 2 minutes. While cooking, pre-heat your grill.

Sprinkle cheese over eggs and put under grill until cheese is melted and browned. This should take about 3 to 4 minutes. Remove from grill and slide frittata onto a serving plate. Cut into wedges.

## Broad Bean and Blue Cheese Barley Risotto

- serves 4 - 6

- Preparation time: 50 minutes

The recipe calls for 6 cups of stock/water. This can vary quite a bit depending on your pot and the grains, but you are likely to need between 4 1/2 - 6 cups.

I make this risotto with pearl barley rather than rice - I had been looking for more ways to eat barley for its nutritional value and find that this is a great way of doing it

3 tablespoons extra-virgin olive oil

4 shallots, quartered

8 oz fresh or frozen broad beans

1 stalk of celery - finely sliced

3 cloves garlic, chopped

2 cups pot barley or lightly pearled barley

1 cup dry white wine

6 cups light hot vegetable stock)

6oz of blue cheese of your choice

Handful of toasted pine nuts, for garnish

Heat the olive oil in a large, heavy saucepan over medium heat, then add the shallots, garlic, and celery and sauté, stirring constantly, for about 4 minutes, or until the celery begins to soften.

Add the barley to the pot and stir until coated with a nice sheen, then add the white wine and simmer for 3 or 4 minutes, until the barley has absorbed the liquid a bit. Adjust the heat to maintain a gentle, active simmer.

Gradually, add the stock, 1 ladle at a time, letting the barley absorb most of the liquid between additions; this should take around 40 minutes altogether. Stir regularly so the grains on the bottom of the pan don't burn or stick. After about 30 minutes add the broad beans.

You will know when the barley is cooked because it is no longer chewy. It will, however always, be chewier than Arborio rice.

When the barley is tender remove the pot from heat. Taste and adjust - add more black pepper if needed. Then stir in most of the blue cheese. Garnish with toasted pine nuts and an extra crumble of cheese before serving.

*Pat Tobin. (Co-op and Help Rota member. Pat is an enthusiastic vegetarian cook who offers seasonal vegetarian cookery classes. For further information about classes contact her at 087 7430864*

dublin food co-op