



Community

Fair Trade

Organic

co-op news

Dec 2009/ Jan 2010

newsletter of the Dublin Food Co-op

Dear Food Co-op Members,

Welcome to our end of year newsletter. This time of the year is always very busy but the coop is a wonderful centralised location for fruit and veg, wine, delicious baked goodies, cheese, plants and so much more.

It's been another successful year for the coop and we'd like to take this opportunity to thank all our members for their support. The coop is, of course, open on Thursdays and Saturdays but it also provides facilities for a number of groups in the evenings as well as the Dublin Flea Market, The Crafty Market and the Newmarket Brocante on various Sundays. Please check out Upcoming Events inside!

In the new year, the newsletter would like to highlight contributions from our younger members. Anything on the theme of food - from poems to stories to jokes to serious pieces - would be more than welcome.

And finally, we'd like to take this opportunity to wish everyone all the best for the holidays and the new year.

(Fionnuala Ward, Editor and Co-op member)

4th Talkin' Co-op Membership Matters

The fourth Talkin' Co-op session took place on Saturday Dec 12th. There were twelve attendees and much lively discussion ensued around what it means and should mean to be a member.

New members were particularly highlighted and it was suggested that the coop should provide a Welcome Host to answer all queries, particularly around simple issues such as where to pay for various goods. It was also suggested that members should have their own working group and that surveys of members should be carried out regularly.

Communication proved a particular point of interest - communication not just between members or between members and the Co-ordinating Body but between the coop, itself and outside groups such as Cultivate and Amnesty.

The Talkin' Co-op is not just a talking shop! Action on what is discussed and agreed upon is also part of the process. All are welcome and it is hoped that regular Talkin' Co-ops will take place in the new year.

Dublin Flea Market

The Dublin Flea Market is in its 12th month now and has become a welcome edition to the Dublin market scene. As always it's held on the last Sunday of the month in the Co-op premises from 11am till 5pm. You're sure to find at least one or two hidden treasures amongst the 40 odd stalls that cram into the main hall and side rooms. Everything from vintage clothing, art, music, old bikes, curios, the odd piece of furniture, plants, retro gifts, household odds and ends, general bric-a-brac and great craic! Just like on a Saturday, many people come and stay all day. Don't miss it!

Christmas Recipe

As we have so many desserts to choose from at Christmas, it is always good to have one that doesn't require much preparation and still conjures up all those Christmassy spices and sweet stickiness. This dish does that and is not too heavy. Pineapples are coming into season at this time of year and are at their tastiest in December, January and February.

This can be prepared in advance and then oven baked when you are ready. It will benefit from being prepared in advance as it gives the spices time to marinate the fruit.

Baked Pineapple with Rum and Spices

For 4 people

100mls of rum
100g butter
80g of dark sugar or 2 tablespoons of maple syrup
Juice of 1 lemon
½ teaspoon each of cinnamon, nutmeg and ginger
Handful of sultanas or raisins or any dried fruit of your choice
1 pineapple - cut into wedges and the woody centre removed if necessary

Preparation

Preheat oven to 180c or Gas 6.

Put the rum, butter, sugar/syrup, raisins, lemon and spices into a small pan and bring to the boil until you have bubbling syrup. Put the pineapple in a large oven tray and pour the syrup over. Bake in the oven for 15 - 20 minutes, until the pineapple is soft and sticky.

Dublin Food Co-op will reopen on Thurs 7 Jan 2009

Dublin Food Co-op Walks

The Food Co-op Walking Trip to County Clare

This took place for a week in August when six people from the Co-op and assorted friends descended on the Burren in North County Clare. We stayed mainly in hostels in Lahinch and Doolin from which we embarked on trips and walks mainly into the surrounding Burren. The Burren, a large area of limestone landscape, is, of course, famous for its geology, archaeology and flora.

Walks included the Burren Way and forays into the Burren National Park at Mullaghmore. Mullaghmore was the site proposed for the building of a controversial Interpretive Centre in the early 1990's. Thankfully, it was never built - due to opposition from environmentalists - as this place has a magic unlike anywhere else.

Mullaghmore, itself, is a small collapsed limestone mountain which has aptly been described as a giant cow pat. A strange, almost eerie, atmosphere envelops the mountain, as it is surrounded by similar hills and a number of unusual disappearing lakes, known as turloughs. Everywhere we walked we saw expanses of strange and wonderful and, sometimes, rare and unique flowers.

We fitted in a trip to Inis Oir, where there was good walking and swimming. The Cliffs of Moher were, as always, spectacular while Poul nabrone Dolmen was well worth the visit. There was

good swimming to be had, both in the wild seas of the Atlantic as well as in the calmer waters of the turloughs. Nights were usually spent in the pub, listening to the fine musicianship of Co. Clare and, in particular, Doolin. Thanks to everyone who came.

(Larry Gordon Co-op Member)

December Walk

WHERE: Bull Island, a nature reserve of international importance, home to thousands of birds, especially at this time of the year. There is good beach walking and on the sand dunes..

WHEN: Sunday 27th December. A good chance to walk off some of the Christmas excess and to blow the cobwebs out of your hair.

MEET: At 10am on the causeway over to the island, not the bridge.

January Walk

WHERE: Lugalla, Knocknaclohoge and Lough Dan. Lugalla and Knocknaclohoge are small mountains in County Wicklow with great views of Lough Tay and Lough Dan.

WHEN: Sunday 31st January 2010.

MEET: At the Sally Gap crossroads at 10am.

For all walks bring comfortable walking shoes, warm and rain-proof clothes and some food and drink. For more info or if you need a lift contact Larry Gordon at 087-6832827.

Help Rota News

Help Rota dates for 2010 are available on the Help Rota Noticeboard, situated on the rampway into the storeroom..
helprota@dublinfood.coop for more info

dublin food co-op help rota 2010 needs you!												
A		28-30 Jan	4-6 March	8-10 April	13-15 May	17-19 June	22-24 July	26-28 Aug	30 Sept - 2 Oct	4-6 Nov	9-11 Dec	
B		4-6 Feb	11-13 March	15-17 April	20-22 May	24-26 June	29-31 July	2-4 Sept	7-9 Oct	11-13 Nov	16-18 Dec	
C	7-9 Jan	11-13 Feb	18-20 March	22-24 April	27-29 May	1-3 July	5-7 Aug	9-11 Sept	14-16 Oct	18-20 Nov	23 Dec	
D	14-16 Jan	18-20 Feb	25-27 March	29 April - 1 May	3-5 June	8-10 July	12-14 Aug	16-18 Sept	21-23 Oct	25-27 Nov		
E	21-23 Jan	25-27 Feb	1-3 April	6-8 May	10-12 June	15-17 July	19-21 Aug	23-25 Sept	28-30 Oct	2-4 Dec		
U	16 Jan	13 Feb	13 March	10 April	8 May	12 June	10 July	14 Aug	11 Sept	9 Oct	13 Nov	11 Dec
S	30 Jan	27 Feb	27 March	24 April	29 May	26 June	31 July	28 Aug	25 Sept	30 Oct	27 Nov	18 Dec
V flea	31 Jan	28 Feb	28 March	25 April	30 May	27 June	25 July	29 Aug	26 Sept	31 Oct	28 Nov	19 Dec
V crafty	10 Jan	7 Feb	7 March	4 April	2 May	6 June	4 July	1 Aug	5 Sept	3 Oct	7 Nov	5 Dec
V brcante	17 Jan	21 Feb	21 March	18 April	16 May	20 June	18 July	15 Aug	19 Sept	17 Oct	21 Nov	12 Dec



Events At The Co-op

More events as they come on stream on our website at www.dublinfood.coop

Venue hire inquiries to venue@dublinfood.coop 087 6328157.

SEED COLLECTION from now till Christmas

Bring in all your tree seeds to The Co-op for a Forest Friends collection.

THURSDAY SINGING (with Anna Felton)

Each and every Thursday | 19.30 - 21.30

Sing those blues away with the regular Thursday evening songs led by Anna Felton. 7.30pm - 9.30pm

More info from the chanteuse: anna_felton@ireland.com

AIKIDO (with Fiona McAuley)

Tuesdays | 20.00 - 21.30

Our focus is on creating centred attentative movement. Bringing awareness and harmony to our engagement with others. It is taught through a series of exercises, and techniques mostly in partnered form. The classes are fun and engeric with a strong emphasis on play as a learning tool. The classes are suitable for all age groups and abilities but for this set of lessons participants must be 15 or over. We train on a matted area. Loose comfortable clothing is ideal with no footwear. Aikido is a martial art based on principles of non-violence.

Cost €80. The instructor does not take a fee for teaching. All money goes to cover costs or is put back into the club. Where it is easy and convenient for participants, help is much appreciated setting up the mated area and clearing up afterwards. Places are limited to 12 people. To book a place please call Fiona on 0862335826 or emailfionamca@hotmail.com.

DUBLIN FLEA MARKET (with the Flea Marketeers)

Sunday 20th December | 11.00 - 17.00

Come and see a bewildering display of comestibles and collectables gathered from the four folds of the world by an assorted cast of Bohemian Bargainmongers.

Browse, at your easy leisure: bejeweled and bespangled bric-a-brac, vintage doo-dahs and superior articles of knick-knackery. Experience fine food and music to please.

www.dublinflea.blogspot.com

WINTER SOLSTICE CELEBRATION (The Co-op and Forest Friends)

Sunday 20th December | 18.00 - 22.00

Joint celebration by members of Forest Friends, The Dublin Food Co-op and Taking Liberties Night of ceremony, storytelling, dancing, singing and games.

Bring vegetarian food and non-alcoholic drink for sharing.

Further information contact Joe Dunne 01 4544258

josephp.d@hotmail.com

See www.takinglibertiesnight.com for more.

CALL FOR VOLUNTEERS FOR FRONT SPACE, 1st week in January

Mon, Tue, Wed, 4th, 5th, 6th, January 2010 | 10.00 - 16.00.

As you are probably aware there is an ongoing project to create an area for the dry goods at the front space on the left of the current entrance. The design has been on display at on the notice-board outside the office for last 6 weeks. Moving the dry goods to this space will free up space in the main hall during market days and make it easier to rent out that space for other events. Naturally, in the spirit of the co-operative movement, it is hoped that the members contribute as much skill, time, experience and sweat to the effort as possible. This will help keep DFC's costs down.

We are looking for volunteers with the following skills/experience to give some time from 4th-6th Jan:

> **Building Project Manger or Foreperson**

> Carpentry. > Plumbing

> Plastering. > Flooring.

> Electrician. > Wiring IT systems

> Painting > Making tea.

Please make yourself and your enthusiasm known by contacting Owenroe Lemass orlemass@hotmail.com, 086-108 9573.

STORYTELLING (with Fiona, Eleonore, Michael and Adam)

Thursday 7th January | 18.30 - 20.00

WE: Tell Stories

YOU: Enjoy yourself

FEE: Free (donations)

AGE: 9-99

WHO: Eleonore Nicolas, Fiona Dowling, Michael Phelan & Adam Wilson

THE CRAFTY MARKET (with the Crafty Marketeers)

Sunday 10th January | 12.00 - 17.00

This Sunday the Crafty Market returns! Live music will be on stage throughout the day, with a small children's choir, courtesy of Centre Stage Academy, and a trad band and solo artists lined up. Free parking outside and a cafe serving delicious food all day (DFC core produce store open)

See all the other details and directions at www.thecraftymarket.com

NEWMARKET BROCANTE (with the Brocanteurs)

Sunday 17th January | 11.00 - 17.00

Dublin's premier furniture and homeware market, last month was a great success and thanks to all the stall holders and everybody who came. There will be live music again on the 17th so if you're looking for a place to relax and browse, the Brocante is for you. www.newmarketbrocante.com, newmarketbrocante@gmail.com

DUBLIN FLEA MARKET (with the Flea Marketeers)

Sunday 31st January | 11.00 - 17.00

Halloween Help Rota Social

It was hip, it was happening, it was the '09 Halloween Help Rota party. Chance favoured the organisers with storytelling, singing, acoustic set, yummy food, decorations, a feel good vibe and even some boogie on the dance floor. The prize for the best dressed, with a Halloween theme, went to a friend of a friend - fair play to that man! A runner up with a beautiful pair of socks was our very own Mark Malin (superb headwear choice - we suspect he had some help). The scene was all set for a raucous into-the-small-hours party for 70 (you know those hedonistic Help Rota types), when it was decided to take the party elsewhere. On their way out, however, they kindly graffitied the walls with: 'Rock on, Dudes, when's the next one?'

Announcing great new discount rate for members

Up to recent times, members got a 2% discount when buying goods in the Coop shop. But we're now delighted to inform members that they will be in receipt of a 5% discount from now on. Given the times we live in, this has to be the best value in the city! Please let others know as new members are always welcome.

We have also have special offers on a range of Natura organic tinned beans, curry mixes, peas and plenty more to help our members get through the winter! Check it out while stocks last!

Co-op News Team

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

Dublin Food Co-op, 12 Newmarket, Dublin 8.

www.dublinfood.coop info@dublinfood.coop

www.dublinfood.coop

Over the last few months Help Rota super-volunteer Dave Moore has been doing some stellar work in revamping the 'Co-op's website which had lain in a forlorn state previously. In these digitised times we all know the importance of having an impressive web presence!

Part of Dave's idea was to reflect the community and people feel of the 'co-op; he has done this by adding photos of co-op members and producer members with quotes on why they like the co-op! Also added are sections on the Help Rota, the Co-op Constitution, events listings and lots more!

Dave is already planning the next phase of development in the New Year and would welcome any suggestions and feedback to web@dublinfood.coop

Check out the current version at www.dublinfood.coop and special thanks go to Dave!

Japaing Movie Nights at the Co-op!

Japaing Movie nights have been proudly providing the co-op with some truely astonishing Asian cinema. from *Nausica* to *Karas*.

Keeping up with the tradition of classic Asian animation we have some classics lined up for the upcoming year ahead.

Check us out on facebook or ask Stephen at the tills for more informaton.



Saturday at the Co-op in full swng (photo by Dave Moore)