



Community

Fair Trade

Organic

co-op news

Summer 2010

newsletter of the Dublin Food Co-op

Dear Food Co-op Members,

These long sunny days and wonderful, balmy evenings put us in mind of...porridge. Yes, indeed, two of our members wax lyrical, in the columns below, on the glory of delving into a bowl of the grey stuff first thing in the morning. You'll also find out all about the members and roles of our new Co-ordinating Body and lots more besides.

Delicious summer fruits and vegetables are making their way onto our stalls and tables and surely there is no better place in the city to lazily linger than on our sun-soaked deck, coffee in hand.

Let's make the most of it!

(Fionnuala Ward, Editor and Co-op member)

AGM

We had our AGM in late March, where six new members were elected to the Coordinating Body.

The newly elected members are: Angela Farrell (a former CB member); Cathy McGrath, known to all our help-rota members and staff; Marc Moissard who has given cookery classes and prepared food for our help-rota parties; Wanda Janiak, a quality control manager for a major food supplier; Alberto Hogan who works in marketing and animation and myself coming on for a second two year term.

We are joining those starting on their second year of the two year term: John De Courcy (outgoing Chair); Mary McDermott; Mark Malin; Owenroe Lemass; Baptiste Gosselin and Alison Vencill-Whelan.

At our first meeting, the following responsibilities were identified and distributed.

Premises development/Health and Safety: Owenroe /Baptiste
Products and Food Hygiene: Fintan /Marc supported by Wanda
Help-Rota/members: Mark /Cathy

IT planning and development: John / Mark

Marketing and communications: Alberto

Finance: Mary

HR/Staff management/liason : John

Members secretary: Cathy supported by Baptiste

Secretary: Wanda supported by Angela

Treasurer: Mary supported by Angela and John

Chair: Fintan supported by the team

On behalf of the CB, I would like to ask for the help and support of the membership and staff throughout this coming year. We will endeavour to make our Co-op a true community and vibrant resource for purchasing food and sharing both knowledge and talents.

Fintan Molloy (*Co-ordinating Body Chairperson*)

Co-op Walks

June Walk:

WHERE: Mullaghcleevaun and Tonlegee.

These are the second and third highest mountains in County Wicklow, so it is a longish walk but the day is long.

WHEN: Sunday July 27th

MEET: Glenmacnass waterfall carpark at 11am

July Walk

WHERE: The walk is in the Glenbarrow river valley in the Slieve Bloom mountains in County Offaly, about 80 kilometers from Dublin.

Starting from Glenbarrow car park.

WHEN: Sunday July 25th

How To Get There and Where To Meet:

Follow the M7 from Dublin to Junction 15 on M7

Take road in direction to Emo and Mountmellick.

In Mountmellick at the end of the main street, take the left and follow signs for Birr Kinnitty, Clonaslee and Rosenallis.

In Rosenallis, we will meet on the main street at 11 am.

Glenbarrow car park will be the start of the walk, which is signposted from Rosenallis.

August Walk

WHERE: St. Kevins Way from Hollywood village to the Wicklow Gap. This is an ancient pilgrimage trail used in the Middle Ages to bring pilgrims to Glendalough from West Wicklow and further west. It is a 15km level walk mainly along the King river.

WHEN: Sunday 29th August

MEET: At Hollywood petrol filling station at 11am

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.

Great Value in Wine

Urs, who has a stall filled with wonderful organic wines, has told the newsletter that a special offer is in place for the next few weeks, instead of €84 for 6 bottles of *Prosecco Treviso Spago*, the price has been reduced to a recession-beating €57! For further information, please contact Urs at

info@vendemiawines.com



Ode To Porridge

Porridge, porridge in the morning,
some might say that it's so boring,
but I beg to disagree,
cos it ain't that hard , you see,
to take some humble oaten flakes,
rolled, organic, make no mistake.

The finest milk from Dairy Mary,
some blackcurrant jam or sweet raspberry,
sun-dried fruit of any sort,
marinated in vintage port,
a knob of butter, a pinch of salt,
yoghurt, treacle, a glob of malt,
honey, cream or cocoa powder,
(hold the cod , this ain't no chowder),
walnuts, almonds, cinnamon,
Ah oui madame, ?a goût très bon!

Oui madame ?a goût tres bon!
Bon, Bon, Bon! Oui, Oui, Oui!
So all together, or as you please,
heat it up, but do not sneeze,
because you know it's as they sing,
from Two-mile-borris to Ho-chi-minh,
“ In the land of the porridge-shaped monkeys,
the porridge-shaped monkey is king”

John Dunn (*Co-op member*)
[Bowl of porridge image from *Loserdom #15*]

Indian Film Festival of Ireland

The Indian Film Festival of Ireland is taking place between June 25th to 28th in the Swan cinema, Rathmines. The festival is the brainchild of our own Siraj, (delicious Indian food beside the organic wine), and will encompass 20 films, 3 seminars, 1 master class and - so we've been faithfully promised - a veritable galaxy of Bollywood stars and directors. A charity Gala Dinner, to be attended by the Indian Ambassador, Prakash Jha, is taking place on June 25th at 8 p.m. For further information, contact Siraj at the Co-op or log onto: www.bollywoodireland.com

Quinoa Porridge

This is a recipe for a delicious porridge that was served on a yoga retreat I went on during the very icy early days of this year. I have made it almost every morning since.

Quinoa (pronounced keh-NO-ah or, sometimes, KEEN-wah) is an ancient Peruvian seed, which has a mild, nutty flavour. It is as versatile as rice but it has a protein content that is superior to that of most grains, because it contains all the essential amino acids. In particular, quinoa is high in lysine, an amino acid important for tissue growth and repair. It's also a good source of manganese, magnesium, phosphorus and copper, and it has a high iron content.

Quinoa is very easy to cook. It's important to rinse the seeds well, because they are naturally coated with a bitter substance that protects them against birds and other predators. Most packaged quinoa has already been cleaned, but it doesn't hurt to rinse it just in case. Quinoa cooks in around 15 minutes, and it's easy to tell when it's done because the seeds produce a little white thread that curls around them.

Any variety of quinoa can be used for this porridge but a mix of red and white or one of the already mixed varieties look more appetising than the plain white. The co-op stocks several varieties.

The night before, put rinsed quinoa soaking in a pot with a lid, two parts water to one part quinoa. Add a slice of fresh ginger and a piece of cinnamon stick (or add a pinch of powdered ginger and cinnamon in the morning before cooking).

In the morning, cook the quinoa on a low heat with the lid on until cooked. You might like to add a knob of butter to melt into the cooked porridge.

Serve with -

Some honey

A dollop of plain yoghurt

A good spoonful of seeds e.g. a mix of pumpkin, sunflower, sesame, linseed etc. It is best to run the larger seeds through a chopper or grinder to break them down a bit and make them more digestible and it is handy to prepare a batch of seeds at the beginning of the week and keep them in a sealed container to use as you need them.

You can add lots of other things; goji berries, raisins, stewed rhubarb, sliced banana, chopped nuts etc.

The porridge can also be made in a rice cooker which has the advantage that it will keep it warm after cooking.

Apart from the fact that this porridge seems to keep me going right to lunch time, I love the fact that if you are running late, you can turf the whole shebang into a plastic container and eat it later and it tastes almost as good. The basic porridge mix can also be stored in the fridge for a day or so and reheated.

A chat with staff member, Aoife

Aoife Hammond has been working in the Co-p for almost two years now. You may have noticed her sunnily putting your goods through the till at the dried goods counter. Aoife makes it clear that the coop's greatest asset is very simple: the people who work there and the people who shop there. It's all about community, as far as Aoife's concerned - both staff and members. Her own shopping revolves around pulses and beans and a particular cocunut chocolate bar, that has recently found its way onto our shelves. Chilly draughts in the winter are the only downside of warehouse life. When not manning the tills, Aoife is a keen music fan and her band, 'The Deadly Nightshades' will soon be in the business of recording an album - watch that space!



Aoife rocking with sister Karen in the Deadly Nightshades!

Help Rota Summer Dates

Double check your Help Rota summer dates here. If you've got any holidays planned make sure to let your friendly Help Rota Co-ordinator know well in advance!
helprota@dublinfood.coop



A	17-19 June	22-24 July	26-28 Aug	30 Sept - 2 Oct
B	24-26 June	29-31 July	2-4 Sept	7-9 Oct
C	1-3 July	5-7 Aug	9-11 Sept	14-16 Oct
D	8-10 July	12-14 Aug	16-18 Sept	21-23 Oct
E	15-17 July	19-21 Aug	23-25 Sept	28-30 Oct

Seasonal highlights from Anna and Sara on the upper level

In March, we made Wild Garlic pesto, with Linos olive oil and Wicklow's pungent and punchy wild garlic.

May saw the production of our Dandelion syrup, tasting like honey, but not a bee in sight - just fair traded sugar and dandelion heads from Tim's garden. Still available, if you're in luck, it's delicious on porridge, ice cream, pancakes and toast.

Soon you'll be able to try Dandelion, Burdock and Sasaparilla. We're working on getting the taste just right.

June will see bottles of fragrant Elderflower cordial. Champagne is also on the cards but just that little bit more hit and miss! Please order some - and take your chances!

Later on in the year we'll have jams, more syrups, and bottles of fortifying deep purple, Elderberry juice.

Sara is doing a series of Walkie Talkies in the Victorian walled Garden at Festina Lente in Bray. All will be encouraged to remember and identify those wonderful, healing plants, herbs and weeds that our parents and grandparents told us all about! There'll be lessons on how to turn them into cordials, balms ointments, aromatics waters and yes, even cleaning products!

Recipes for the good life, 10 - 12. Festina lente, Old Connaught Avenue, Bray Co Wicklow
 June 22nd: Elderflower and Wild rose
 July 1st: Linden flower and Chamomlie
 August 12th: Elderberry and Coltsfoot
 September 17th: Rosehips and Hawes
 November 23rd: Pine and Eucalyptus

€10 per talk. Usually on a Tuesday, but some evening talks will take place later in the summer, when the evenings are balmy, there's a light breeze and the rain falls gently on the plants while we're all asleep.....

Congratulations!

Congratulations to the Co-op's own Anthony, (Anto), Dillon, on his recent wedding to Áine Galvin We wish them both health and happiness. Anto and Áine in the Eternal City below!



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

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.

Once-off events

Thurs 24 June | Co-op Summer Solstice Social

Watch this space for more information on this latest members' social event.

Weds 30 June 19.00 - 21.00 |

Tales from a Greek Kitchen

A little course on preparing traditional Greek finger food for a sunny day in the park

Katerina Psimopoulos presents a short course on healthy Greek cooking that will:

- * teach you how to prepare a traditional summer picnic meal to enjoy in the outdoors
- * give an introduction of the history of food and gastronomy in Greece
- * provide the participants with authentic recipes

Cost: €5 euro including the organic ingredients.
For more information and booking contact Katerina Psimopoulos, katpsim@gmail.com, 086 302 5513 or 01 491 3009

Regular Events

Mon 20.00 - 22.00 |

Clowning Workshop (with the group Clownitis)

Wear your red nose with style and panache and learn the basic rules of clowning around.
More info contact Adam Wilson: adam.wilson.ie@gmail.com

Tues | 20.00 - 21.30 |

Aikido (with Fiona McAuley)

Aikido is a martial art based on principles of non-violence. The focus is on creating centred, attentive 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 energetic with a strong emphasis on play as a learning tool and are suitable for all age groups and abilities. However, for this set of lessons participants must be 15 or over. Training is on a matted area. Loose comfortable clothing is ideal with no footwear. Where it is easy and convenient for participants, help is much appreciated setting up the matted area and clearing up afterwards.

Cost €80. The instructor does not take a fee for teaching. All money goes to cover costs or is put back into the club. Places are limited to 12 people. To book a place please call Fiona on 086 2335826 or email fionamca@hotmail.com.

Thurs 19.30 - 21.30 | Singing led by Anna Felton

Sing those 2010 recessionary blues away with the weekly Thursday evening songs led by Anna Felton. Meet in the Co-op cafe 7.30pm, singing from 8pm.

1st Thurs of month 19.30 - 20.00 |

Storytelling Performance

WE: Tell Stories
YOU: Enjoy yourself
FEE: Free (donations)
AGE: 9-99
WHO: Eleonore Nicolas, Fiona Dowling, Michael Phelan & Adam Wilson
Contact Fiona Dowling.

2nd Sat every month 11.00 - 13.00 |

Fáilte for new members

Fáilte is a monthly event to introduce new members to the Dublin Food Co-op, with information on the benefits of membership and how to get involved.

Sundays

2nd Sun of month 11.00 - 17.00 |

The Ferocious Mingle Market

New at the Co-op venue from Sunday 13th June, The Ferocious Mingle Market promises an eclectic Bazaar of stall candy. Traders will have tons of stuff to tempt you with including art, crafts, antiques, vintage clothes, jewellery, steampunk, and more! Approx 40 stalls
FANCY DRESS - mild to over the top - will be most delightfully welcomed by stallholders and punters alike! Any excuse for dressing up we LOVE it...let's not wait 'til Halloween let's have some fun NOW and on the second Sunday of the month thereafter.

Find The Mingle ~ a Treasure Hunt of sorts. Purchase the secretly chosen 'thing' from one of the stalls and become 'The Mingle Finder' - a very prestigious accolade - and win a prize!

For application enquiries or more information see thejosiebagglecompany.com or email ferociousmingle@hotmail.com

3rd Sun of month 11.00 - 17.00 |

Newmarket Brocante (furniture fair)

The Newmarket Brocante is the place to find (and sell) pre-loved furniture and homewear... Second-hand, refurbished, antique and hand-crafted stuff for your house, kitchen and garden.
Bargains, freebies, café, good wholesome food and chilled out tunes all under the one roof.
What's that 'brocante' buzz? It's a french thing: the French are mad for their furniture fairs, amongst other things. We're just borrowing their term for it and giving it a spin of our own.
For application enquiries or more information see newmarketbrocante.com or email newmarketbrocante@gmail.com

Last Sun of month 11.00 - 17.00 |

Dublin Flea Market

A bizarre bazaar of vintage clothing, bric-a-brac and what nots, old and new. Stalls include hand-made goods, art, jewelry, furniture, records and lots more unwanted items that may just be your treasure!
Contact dublinflea@gmail.com or visit Dublin Flea Market online.