



# TRUE FOOD NEWS

No. 1 – May 2022

## Welcome

Welcome to our newsletter, your monthly update about what's going on at True Food Co-op, interesting information about suppliers, new products and people involved with us. We hope you like it!

## Hello ...

Hi, Helga here, I've been shop manager at True Food for 8 years now and am still loving it. I'm passionate about food and love relating to our customers. Music is my other passion – especially recorders of all sizes which I play in several orchestras and smaller groups. See you in the shop some time.

## Coming up!

**Saturday 7 May: 10.30-12.30** Meet Sarah Roy, The Jam Lady

**Mid-May:** Japanese foods launch, including tastings!

**End of May:** Plant sale for WaterAid. Plants from The Chatfield's sale for WaterAid will be available.

## NEW: 'THE BOTTLE BANK' Lets re-use!

We have a new re-cycling point in the shop; called The Bottle Bank! We have a high demand for donated bottles in the shop to use in our increasingly popular refills area.

Recycling is one thing but being able to re-use is so much better – plastics can only be recycled a few times before they begin to break down. Reusing a bottle can give it a hugely extended life – it is amazing how many times you can refill your bottles!

So, if you have any shampoo, bodywash or conditioner bottles, household cleaning bottles like laundry liquid and washing up liquid bottles, please bring them in and drop them into the bottle bank! The bottles must be CLEAN, with their litre/millilitre numbers still on them and ONLY be for the purposes stated above – we cannot accept drinks bottles.

You'll find the bottle bank in the liquid refill area of the shop, its bright green – you can't miss it!

## Aston's bread

Every day we are fortunate to receive a delivery from our local organic bakery, Aston's. The bakery is located in Inkpen, rural west Berkshire. All the bread is baked there by a small team with Syd Aston at the head of the business.

Syd was one of the first organic bakers in the country, his roots are in farming which provides him with an incredible knowledge of how the 'seed to loaf' process can work best.

The flour is ground on site with traditional stone mills, so it retains its vital nutrients which normally have to be added back into the flour in more conventional flour production. The sourdoughs are wonderful and are created in a timeframe that allows for proper fermentation of the dough.

We have fresh bread delivered daily from Aston's. You can order your bread 2 days in advance with us and pay on collection to make sure you always get the bread you want.

### Address

61 Grove Road, Emmer Green,  
Reading RG4 8LJ  
Tel: 0118-946 1188

### Opening Times

Tuesday to Saturday  
9 AM to 6 PM

### Find us online

Web <https://www.truefood.coop/>  
Instagram [truefoodcoop](https://www.instagram.com/truefoodcoop)  
FB [www.facebook.com/TrueFoodCooperative](https://www.facebook.com/TrueFoodCooperative)  
Twitter [@TrueFoodCoop](https://twitter.com/TrueFoodCoop)

## Seasonal recipe

## Your shopping list

### *Chickpea couscous*

- 1 cup (250 ml) of couscous
- 1 cup (250 ml) water
- 1 tsp olive oil
- 2 tbs sunflower oil
- 2 tsp za'atar\*
- 4 garlic cloves, whole and peeled
- 1 large onion, sliced thickly
- 150 g fresh baby spinach leaves, washed
- 1 medium aubergine or 2 courgettes, cubed
- 1 red pepper, sliced
- 1 tsp rose harissa paste or pinch of chilli flakes
- 1 tin chickpeas (with the water from the tin)
- sea salt or salt flakes
- freshly ground black pepper

First, put the couscous in a bowl with the olive oil, za'atar and a pinch of salt. Boil the water and pour over the couscous, leaving to soak (it needs about 15 minutes).

In a large cast iron skillet, heat the sunflower oil until hot, then fry the sliced onion for five minutes. Add the garlic, red pepper and aubergine/courgette and keep it moving to sear the vegetables with the heat. Keep stirring it for 5-10 minutes, then add the spinach leaves and the rose harissa (or chilli flakes) and reduce the heat. Add the chickpeas and half of the water from the tin and reduce this over a medium heat.

Season the vegetables mix with salt and pepper and serve it over the couscous in wide bowls or plates. (Serves two)

\*Za'atar is a middle eastern spice blend; easy to make and adapt to your own taste:  
Equal parts of dried thyme (or oregano), ground cumin, ground coriander, toasted sesame seeds, sumac. Add ½ tsp salt and maybe some chilli flakes.