



# TRUE FOOD NEWS

No. 2 – June 2022

## Hello from Angela...

I am True Food's Business Development lead and I have been with the business for nearly two years having started as a volunteer. I love the outdoors, cooking and eating food as well as trying to grow my own veg!

## We're going to start selling alcohol!

You may know that every Christmas we sell alcohol, last year we had an amazing response to our range after our lovely launch party. So, we have made the decision to sell alcohol full time in the shop and are taking the steps needed to gain a licence. We hope to be up and running as soon as possible with a range of organic and/or local drinks including alcohol free, gluten free and vegan products. Hopefully there will be a launch party to invite you to – watch this space!

## Coming up

### Supplier visit from

**Pama/Suur:** Our beloved sauerkraut and all-things-fermented supplier will be coming on the Saturday 4th June in the morning to show you all their fantastic products and provide tasters and info. Hooray!

Visit from our lovely supplier **Healthy Oils** on Saturday 9th July.

### 26<sup>th</sup> June Emmer Green 10k

We will be setting up at Emmer Green fun run and 10k with a competition for kids!

The postponed **Japanese food launch** with nibbles and sushi making! Watch out for the date.

## AGM and Talk by Jon Goodman

Our AGM is coming up on the 12th June and as we are a co-operative we hold these yearly meetings to discuss various elements of the business and elect our committee. All members are invited, and we all vote for the committee members standing. Excitingly, there will be quite a few new people standing this year.

Separate to the AGM (which is for members only) and also on the 12th June, there will be a talk given by Jon Goodman. Jon is an ex-True food manager and organic veg grower with over 10 years of experience in human-scale commercial food-growing. The talk is entitled "Prioritising organic food against a backdrop of rising living costs". EVERYONE is invited to this – that means YOU! The talk will be held at St. Barnabas Church Hall (just across the road from True Food) at 1.30pm. We'd love to see you there!

## Yoli greens – our new local supplier.

It's always exciting to have a new supplier – especially if they are local too. Yoli and Frank are urban farmers who grow 100% organic micro-greens at home.

Micro-greens are harvested just after the seed leaves have begun developing. Typically grown are pea shoots, beetroot, coriander, broccoli and mustards. They are grown indoors, in organic soil, where they are safe from the elements that would cause them to become hardier with less flavour and nutritional value. Microgreens have 4-6 times more nutrients in their leaves than their mature counterparts, including potassium, iron, zinc, magnesium and copper. Their beautifully intense flavours make them a great thing to drop onto your plate when serving a meal. We think you'll love them!

### 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

### *Pan-fried cauliflower curry*

The leaves of cauliflower add extra flavour this one-pan curry. Serve it on a bed of basmati rice along with some brinjal (aubergine pickle).

There is also a quick technique here for dealing with garlic cloves, root ginger and turmeric root. Give them a quick wash first, then, without skinning them, grate them with a fine cheese grater. The garlic skin falls off without going through, and the roots simply go through skin and all. It saves a lot of messing around trying to peel these fiddly things.

#### **Ingredients**

Cauliflower leaves, chopped  
1 medium onion, chopped  
2 tsp cumin seeds  
Cauliflower, cut into small florets and the chopped stalk  
2 tsp ground coriander  
1 tsp garam masala  
2 cm piece of ginger, grated  
2 tsp turmeric, either ground or grated whole turmeric root  
2 cloves garlic, grated  
400 g tin chickpeas  
1 tin chopped tomatoes  
100 ml whole almonds, skin on, roughly chopped  
50 ml creamed coconut  
Coriander leaves  
Basmati rice for four people

In a large cast iron skillet or other large open pan, sauté the onion and chopped cauliflower leaves until the onion is soft. Add the cumin seeds and the cauliflower florets and cook for ten minutes or so, stirring occasionally.

Add the ground coriander and garam masala and stir this through, then add the ginger, turmeric and garlic and stir these in.

Add the tin of chickpeas, with the water they come in, the tin of chopped tomatoes, the almonds and the creamed coconut and stir all this together to get it thoroughly mixed. Put a lid on and cook on a low heat for about 15 minutes, giving you time to cook the basmati rice. Garnish with the coriander leaves. (Serves four)