



TRUE FOOD NEWS

No. 4 – September 2022

Hello from Cathy...

I joined True Food just as the shop was about to open in 2010. For a long time, I then volunteered in the shop on Saturday mornings - a welcome antidote to a long week in the day job! Over the years I have become more involved as I realised how amazing and unique True Food is. I joined the committee a few years ago and this summer took over as Chair, which is quite a privilege for me. True Food, and all it stands for, is increasingly relevant and I'm glad to be part of it.

Coming up

Sat 4th Sep – Organic
September Saturday

Fri 9th Sep – Mighty Brew
kombucha tasting

Sat 10th Sep – Healthy oils
supplier visit and
tasting

Tue 13th Sep – Members'
meeting

Wed 14th Sep – Astons
bakery supplier visit
and tasting

Celebrating Organic September

Every year we gear up to celebrate Organic September in the shop to champion the benefits of organic farming while showcasing the best of our local producers.

But what is Organic September?

This month, the Soil Association raise awareness of the benefits of organic farming for climate, nature and health. Organic farming is a movement helping to move us towards more sustainable food and farming systems that work *with* nature. This helps combat climate change, diet-related ill-health and the widespread decline in wildlife.

How you can join the organic movement

Join a community: Subscribe to newsletters on the Soil Association website. Why not join a community garden or volunteer? Or, of course, you can join us as a member at True Food!

Understand what organic means: Do your research. What are the important points for you? Debunk the myths about organic and spread the word, knowledge is power!

Small changes: What if you just swapped to organic tea? Or organic bread? Even small changes have an impact.

Support local organic producers: Find out who they are and buy from them. Or, what about volunteering at a local organic farm?

What we will be doing in store over Organic September?

We will have some of our favourite suppliers visiting us (see box on left). We have recently launched our organic alcohol range so look out for this in store. Every Saturday we will be offering tasters to showcase the products and produce we have on offer; don't miss out!

Have you seen our newly painted window?

The shop frontage at True Food needed a bit of cheering up. So, in the quiet month of August, it was given a bit of a facelift by adding a paint treatment to one of the shop windows.

Long-time True Food member Heather, and shop manager Kat, worked on the design together over two days. It was important that '**Organic Supermarket**' could be seen from across the road to be clear for new customers. We have had many positive comments from customers – we hope you like it too!

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 TrueFoodCommunityCooperative
Twitter @TrueFoodCoop

Seasonal recipe

Your shopping list

This sunshine dish has been chosen to brighten up the grey days of September and takes advantage of the potential availability of wild mushrooms.

Don't worry if there are none available yet, ordinary mushrooms are good as well. Also, look out for some new season celery!

Sunshine risotto

- 2 tbs extra virgin olive oil
- 6 sticks of celery
- 2 cloves garlic
- 6 carrots
- 150 g mushrooms
- 500 ml vegetable stock
- 1 mug of arborio rice
- 125 g sun-dried tomatoes (dry, not in oil)
- 6 ml Marmite

Chop the celery and if there are leaves keep them for inclusion in the cooking, later.

Sauté the celery for five minutes until it begins to soften. Finely chop the garlic and add it to the pan. Slice the carrots and add them, then chop the mushrooms into large pieces and add them to the pan. Sauté for another few minutes more. Add the vegetable stock and bring to the boil. If you have some chopped celery leaves, add them now.

Add the rice, tomatoes and Marmite then turn down the heat. Simmer for 25 minutes. (Serves six)

