

Hello from Kat...

I came to True Food two years ago from a background in retail – mainly Visual Merchandising for large brands and buying for smaller independents. I have loved being a part of True Food and working here has nurtured my interest in nutrition. I had never worked for a cooperative before and it has been an interesting experience. I will soon be going on maternity leave, but I do hope to return after some time away from work with the baby! I will miss everyone a lot, but I will definitely be popping in to get my shopping!



Introducing our new membership scheme

Have you ever considered being a member at True Food? Well, we are now making it even easier to join. We are on a mission to hugely increase our membership over the next few months - it really is a case of 'the more the merrier'!

So, what's new? You will now be able to join at any time in the year for a new lower fee. You will get special member-only offers on selected products when you shop, and doing your shopping here is one of the ways that you can support us! If you have a little more time, you can further support us by volunteering in the shop or with behind-the-scenes activities; two extra, but essential activities that keep True Food going in a genuinely cooperative way.

Next time you are in the shop, pick up one of our fancy new membership leaflets to find out more. Or you can also find all the new information about membership on the website.

What's in season?

In October, there is plenty of delicious produce available. Here is a list of what you might see in store and recipes to think about trying this month.

Squashes – so many types! We normally stock a few at this time including Kuri, pattypan, butternut, blue ballet, Turk's turban... have you tried them all?

UK apples – these are in abundance at the moment! We have just started to get in a good stock of Bramleys, too, for those all-important crumble and apple pies!

Pears – we sell cartloads of pears in the shop, we normally stock everyone's favourite – Conference. So lovely in a salad with some blue cheese...

Pumpkins – it has been a great year for these so hopefully we'll have a good stock in the shop come Halloween week... What do you do with the flesh? Do you have any interesting recipes you could tell us about?

October is also the month when some very organised people make their Christmas cake! There is a wonderful recipe on the back of this newsletter so no excuses this year!

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
FB	TrueFoodCommunityCooperative
Twitter	@TrueFoodCoop

Vegan Christmas Cake

Your shopping list

Yes, it is time to think ahead and prepare your Christmas Cake! All the ingredients (except rum) are available at the shop. The loose ingredients can be purchased in precise quantities, which helps keep costs down.

- 1kg mixed dried fruit (use a mix of raisins, sultanas, currants, cherries, cranberries, prunes or figs)
- zest and juice of 1 orange
- zest and juice of 1 lemon
- 150ml rum, plus extra for feeding
- 250g coconut oil
- 200g light soft brown sugar
- 4 tbsp chia seeds
- 175g plain flour
- 100g ground almonds
- ½ tsp baking powder
- 2 tsp mixed spice
- 1 tsp ground cinnamon
- ¼ tsp ground cloves
- 100g flaked almonds
- 1 tsp vanilla extract

Start with a large saucepan and add the dried fruit, zests and juice, rum, coconut oil and sugar. Keep stirring while you bring it to the boil, then reduce the heat and simmer it for 5 minutes until the sugar has dissolved. Tip all of it into a large mixing bowl and leave it to cool for at least 30 minutes.

While the mix is cooling, set oven to 150°C/130°C Fan/Gas 2. Line a deep 20 cm cake tin with a double layer of baking parchment, then wrap another double layer of baking parchment or newspaper around the outside, tying it with kitchen string so that it does not fall off.

At the end of the cooling period, mix the chia seeds with 150ml water and leave them for 5 minutes until gel-like and thick.

Add the remaining ingredients to the fruit mixture, including the soaked chia seeds, and stir well; avoid pockets of unmixed flour. Tip the mixture into your prepared tin. Level the top with a spoon and bake in the centre of the oven for 2 hours. Check that it is cooked, either with the skewer test, or by using a cooking thermometer. If it is not fully cooked, you can remove the outer layers of paper from the tin, to help it along. It might take up to an hour of extra time, so be patient and check every 20 minutes or so.

When it is cooked, poke some holes in it with a skewer and spoon over 2 tbs of rum. After it has completely cooled, take it out of the tin, remove all the baking parchment and wrap it with cling film. Every two weeks, open it up and drip a couple more tablespoons of rum over it until a week before you ice the cake.