

## Hello from Vivienne...

I am an environmental scientist, currently involved in modelling climate change and its impact on ecosystems and biodiversity. In True Food Coop, I am the Committee Lead on the lifestyle and education strategy. In my spare time, I like hiking, gardening and baking.



## Coming up

27th Feb–12th Mar: Fairtrade Fortnight, leaflets in store.

25th Mar: The Primrose Lady, ethical and sustainable toiletries and skincare products, in store.

## EASTER IS COMING!

We have our full range of tempting, scrumptious Easter eggs in stock and on display now. We have all sizes; mini, small and large. And there are plenty of vegan options.

## What is the Rootle Box?

We have regular deliveries of fresh organic fruit and veg. We reduce the price as they start to move past their best. Once they get to the point that they need using that day, we *rootle* them. This is a box where everything is £1 per kilo, regardless of what it is. It reduces food waste and gives people great value organic fruit and veg. At the end of the day, any fruit or veg no longer fit for consumption is composted, so nothing is wasted. Have a look for the rootle box to see whether you can grab yourself a bargain. Who knows, you might find something that you don't usually buy!

## Tofu anyone?

We have all probably heard of tofu before, but what is it, actually? It is a vegan product that is made in approximately the same way as cheese, but without any milk. Instead, fresh soya milk is curdled, pressed into a solid block, then cooled. It has only a very slight flavour, unless you buy the smoked variety or other pre-flavoured types, all of which are available at True Food. In its plain form it is ideal for providing a flavour-absorbing baseline for nutritious and scrummy meals. Tofu is low in calories and high in protein, which is why it is often used as a healthy meat substitute. (It has no gluten or cholesterol.) The best tofu has no additives, preservatives, emulsifiers or stabilisers. There are several different kinds of tofu for sale in True Food, so choose one and try it out, if you haven't already. The recipe overleaf makes good use of firm tofu.

## Seasonal stock and product news

Due to avian flu, chickens now must be housed in barns. Because of this, our usual eggs are labelled 'barn', rather than 'free-range'. They are, of course, still organic.

We have plenty of seasonal leeks and roots in stock. Our fresh stock includes plenty of red peppers, salad ingredients, cucumbers and tomatoes – tell your friends!

We have expanded our range of tinned beans; we now have a range of different baked beans, as well as aduki, pinto, kidney, black, cannellini, edamame and butter beans along with all the usual pulses.

### 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](https://www.facebook.com/TrueFoodCommunityCooperative)  
Twitter [@TrueFoodCoop](https://twitter.com/TrueFoodCoop)

## Tofu and vegetables in turmeric coconut

## Your shopping list

Tofu is wonderfully versatile and is always a good central ingredient because of the way it absorbs flavours that it is cooked with. The ideal tofu for this recipe is Clearspot Organic Original or their Organic Smoked Tofu. At this time of year, root vegetables and leeks are plentiful, so this is something to try while other ingredients are playing hard-to-get. You can substitute any root vegetables for those listed here, and if peppers are hard to find, use a leek instead!

400 ml coconut milk  
200 g carrots  
200 g swede  
200 g parsnips  
2 tbs sunflower oil  
1 chopped onion  
1 crushed clove of garlic  
2 tsp chopped root ginger  
2 tsp turmeric, try fresh root turmeric, grated  
1 sm green pepper, sliced or 1 leek, sliced (or both!)  
One block of Clearspot Original tofu, cut into 1 cm cubes  
Sprinkle of dried chilli flakes  
Salt and black pepper  
Coarse ground salt and black pepper  
Cooked white rice to serve (prepare it while this dish is cooking)

Wash all the vegetables and dice them into cubes.

Heat a large skillet or wide pan to a medium/high heat; add the oil and sauté the onion with a little salt (and the leek if you are using it) slowly for ten minutes.

Then add the garlic, ginger, turmeric and tofu and cook for a couple more minutes. (Be careful to keep the heat down at this point or the things start to stick to the pan.) Add the root vegetables and green pepper (if you are using it) and coat them with the oil, adding chilli flakes if you want to spice it up, as well as some seasoning.

Finally, add the coconut milk and reduce the heat. Put a close-fitting lid on the pan and cook slowly for 15-20 minutes, checking that the vegetables are cooked before serving with white rice. (Serves 4-6 depending on appetites).

*(All Newsletter recipes by Will Hughes, True Food member)*

