

Hello from Sue...

My role in True Food is Finance Administrator. I moved from London in 2017 after working in the music industry, notably in management of artists. I came to True Food after working at the Milestone Centre in Caversham Park Village as their bookkeeper. Being new to retail, I have enjoyed taking on this new challenge. My hobbies are dancing to keep fit and I love animals and nature, travelling, cooking and eating!



Coming up

6 April, 11:00-14:00: Wild Frog Bakehouse – Meet the makers and taste the tasters! Hot cross buns, cinnamon rolls, cookies and some Easter discounts.

Easter bakery

Ahead of Easter we are selling freshly made Hot Cross Buns; daily from Astons Bakery and every Saturday also from the Wild Frog Bakehouse – they are very popular and sell out fast!!

Lentils

Lentils are a very popular staple for many of our customers. But if you are new to them, you may like to know that they are the dried seeds of the lentil plant, a legume. Unlike beans, lentils are only ever used after they have been dried.

There are many varieties, and at True Food you can buy red split lentils, puy lentils, green lentils and black lentils. As well as being inexpensive, they keep for ages in an airtight jar (although some say it is best to use them up within a year). They are always freshly available from the shop.

Green and puy lentils are good for warm salads and side dishes because they keep their shape when they are cooked. Red lentils make wonderful soups and dhals. Black lentils are also great for dhals. It is really worthwhile looking out for recipes to use lentils and to make the most of this nutritious staple.

Have a look at our website for some recipes!

Greenbroom – featured supplier

Greenbroom is a low impact agricultural co-operative with nine members, established in 2015 and located at Crays Pond. Their greenhouse grown crops are always the first to appear on the scene in spring and their greenhouses are heated by solar panels. Their aim is to grow high quality organic produce for the needs of the local area, and promote a sustainable lifestyle by example, education, and research. Greenbroom is certified by The Wholesome Food Association; the land is cultivated with organic and permaculture methods which naturally build soil fertility. Crops are cultivated by hand without the use of fossil fuels, herbicides, pesticides, fungicides or artificial fertilisers. The co-operative farms on the Hardwick estate, which has been run organically for over thirty years. They supply fresh vegetables and fruit to us. Find out more on their website at: www.greenbroom.co.uk

Address

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Opening Times

Tuesday to Saturday
9 am to 6 pm

Find us online

Web	https://www.truefood.coop/
Instagram	truefoodcoop
FB	TrueFoodCommunityCooperative
Twitter	@TrueFoodCoop

Mushroom Fiorentina

Your shopping list

This is a quick lunch dish to prepare and is a great way to enjoy a pile of fresh mushrooms! The sourdough toast provides a good base for this lunch, spread with vegan Sheese (or, if you didn't stock up on Sheese from TrueFood Coop, you can use any cream cheese). Cooked spinach is the next layer, with a couple of whole cooked garlic cloves, then the fried mushrooms. To finish it off, a liberal sprinkling of toasted seeds, olive oil, Yaemon Tamari Soya sauce and ground sumac – a truly international mixture of flavours. (I make this as a vegan plate, but if you are not vegan, you could insert a poached egg on the spinach, before you add the mushrooms, for a closer approximation to the Fiorentina idea!)

300 g fresh mushrooms
150 g fresh spinach, washed with any thick stems removed
Two generous slices of sourdough bread (or four small ones)
Vegan Sheese (or any cream cheese) to spread on the toast
Four whole cloves of garlic, skinned
2 tbs pumpkin seeds
2 tbs sunflower seeds
4 tbs sunflower oil
2 tbs olive oil
Yaemon Tamari Soya sauce
1 tsp ground sumac
Coarse salt and black pepper

Slice the mushrooms thickly. Top and tail the garlic cloves and remove the skin. Cook the spinach and get the sourdough ready to toast. Get your serving plates warming.

Heat the sunflower oil in a heavy based frying pan, getting it to a good high temperature, but not burning. Add the mushrooms and garlic and keep stirring until the water starts to come out of the mushrooms, keep cooking to evaporate the excess water and start the mushrooms and garlic browning. While this is happening, in another hot pan, dry-cook the seeds until they begin to pop and brown. Drain your cooked spinach.

Toast the sourdough bread both sides, then spread thickly with the vegan Sheese (or other cream cheese). Spread the spinach on top of the cheese, then evenly distribute the cooked garlic cloves from the frying pan to make sure everyone gets some. Then add the mushrooms on top.

Sprinkle the whole thing with a little olive oil, the tamari soya sauce and the sumac. Season with the ground salt and pepper. (Serves two).

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

