



# TRUE FOOD NEWS

No. 13– August 2023

## Hello from Becky...

I teach at the University of Reading and have a particular interest in teaching and learning practice. Having recently joined the True Food Committee, I am currently working on a product review and finding ways to increase volunteering activity. I am passionate about limiting my impact on the planet through reducing packaging, refilling and buying locally, where possible. It is inspiring to be a part of the TF community and I look forward to meeting more of you over the next few months. I am a keen reader, walker and gardener, although, at 180<sup>th</sup> on the Grove Rd allotment waiting list, not yet an expert vegetable grower!

## QR codes in store

Have you noticed the QR codes on products at True Food?

Scan these codes on your phone, and you'll be directed to the True Food website. There, you can find details about the products, including nutritional facts and preparation tips.

Take 'buckwheat' as an example. You might not be familiar with this product, but scanning its QR code reveals fascinating details. Surprisingly, it comes from the seeds of a plant distantly related to rhubarb; it is neither related to wheat nor considered a grain. This versatile ingredient adds a delicious touch to salads and pairs well with other "pseudo-grains" such as quinoa. When it comes to health benefits, buckwheat delivers. It's an excellent source of protein, containing all the essential amino acids. Also, it offers a rich supply of manganese and magnesium, while providing good amounts of selenium, niacin, folate, iron, zinc, copper, and phosphorus. Notably, buckwheat is both gluten-free and packed with beneficial phytochemicals.

So, next time you shop at True Food, don't forget to scan those QR codes. They'll connect you to a wealth of information about the products you love or are yet to discover.

## Coming up

1-5 Aug: Fruit and vegetable tasting and "rainbow boxes" in store

26-28 Aug: Bank holiday closure

## CBD organic products

We are proud to carry products from Hempen, a not-for-profit workers' co-operative that cultivates organic hemp to regenerate the health of people, rural community, and the land. Their aim is to support the global mission to cultivate and use sustainable hemp products that can benefit both people and the planet, always in harmony with nature.

CBD oil is purported to work with our Endocannabinoid System, particularly supporting our stress responses, which is why lots of people use plant-based CBD-strong products to aid overall wellbeing and for calming effects.

We sell a variety of Hempen organic CBD and hemp products, including CBD muscle oil, moisturising oil, hand wash, body wash and hemp stem tea. We also sell Radek's CBD chocolate, which is one of our members' offers this month.

### 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)

## Rainbow burrito bowl

## Your shopping list

Eating large amounts of brightly coloured fruits and vegetables, whole grains/cereals, and beans containing phytochemicals may decrease the risk of developing certain cancers as well as diabetes, hypertension, and heart disease.

Here is a tasty suggestion that uses a rainbow of different ingredients! The coriander tahini dressing is rather special.

- 1 large sweet potato, cut into 1 cm cubes
- 2 tbs olive oil
- 2 tbs sunflower oil
- 2 tsps ground cumin
- Coarse salt and ground black pepper
- 75 ml tahini
- 100 ml cold water
- 2 garlic cloves, minced or finely chopped
- A handful of fresh coriander leaves
- Juice of one lime, or 1 tbs bottled lime juice
- 250 g small mushrooms, quartered
- 1 large courgette, cut into 1 cm cubes
- 1 can chickpeas, drained
- 250 g of cooked brown rice (About 75g dry weight)
- 1 ripe avocado, cut into 1 cm cubes
- 1 small red pepper, deseeded and chopped (about the size of hazelnuts)
- Fresh parsley (if available)

Heat the oven to 180°C. Roast the sweet potato chunks with the olive oil, seasoned with half the cumin, salt and pepper, for 30 minutes until tender.

Prepare the coriander tahini by blending together, with a hand blender, the tahini, water, half the garlic, the coriander, lime juice and salt. Be careful with the quantity of water, it should not be too runny, nor too thick. Aim for a smooth pouring consistency.

Heat the sunflower oil in a skillet and sauté the mushrooms, courgette and the remaining garlic, until the courgettes start to brown; about ten minutes. Add the chickpeas, the rest of the cumin and the seasoning. Remove from the heat.

Put the cooked brown rice in the bottom of warmed bowls, then add the sweet potatoes, the cooked mushrooms, and the chopped avocado and red peppers.

Drizzle the coriander tahini over each portion and garnish with fresh parsley, if you have some.  
(Serves two hungry adults)

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