

March -
April
2010

Trinity Newsletter

A workers Co-operative established in 1985
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Spring Has Sprung?

Phew. After a long, hard winter of hibernation, Trinity would like to tempt you, blinking, out into the glorious March sunshine with promises of delicious goodies and happy days ahead.

Mother's Day 14th March – show your appreciation with a **Trinity treat**. Choose from the naughtiest, nicest **organic chocolate** selection around, pamper her with something from our divine **natural body products**, celebrate her with **organic champagne** or give a **Trinity Gift Voucher** for her to select her own indulgences.

St Patrick's Day 17th March – go 'green' with a green-themed party, lots of **spinach, spring greens, broccoli** – how about the traditional **Colcannon**; mashed potatoes with cabbage or kale, salt, pepper and butter or vegan spread as a base, adding leeks, onions, cream, chives, mustard according to your whimsy!

Spring Equinox 20th March – celebrate the return of longer daylight hours along with the return of fresh produce from the ever lush **Pannel Farm**; true spinach, spring greens, leeks to start and so much more as the season progresses.

Earth Hour 27th March – turn off your lights at 8.30pm in this global movement towards social responsibility. For more info, visit www.earthhour.org.

Easter 2nd-5th April – the firm favourites will be back, lots of luvverly choccie eggs, including for the first time ever, vegan crême eggs! Yay! Plus hot cross buns from Judges and Village Bakery.

And finally, but most importantly, 2010 is **Trinity Wholefoods' 25th Anniversary!** Coo, seems like only yesterday dunnit? The campaign is underway to celebrate this momentous landmark in the co-ops illustrious history – watch out for further announcements of events to come. Lots of projects under consideration, amongst which is a collection of Trinity anecdotes from customers and former members. If you have anything you'd like to contribute, please speak to Rhian or Sandra – we'd love to hear your stories! And what could be more fitting than the arrival of a new Trinity baby just in time for the 25th year? Huge congratulations to founder member Vivienne (we are a grandmother!), George, Daisey and baby Ivy ☺

Trinity Face Lift! To celebrate our 25th year of trading at 3 Trinity Street we decided to show a little care and affection for the building by painting the shop front! Check out the new colour when the scaffolding comes down!

★ Special Offers ★

Oatly Oat Milk was £1.62 now £1.37
N'Ked Bars were 99p now 79p
Trek Bars were £1.09 now 87p
Tick Tock Green Rooibos Tea was £1.89 now £1.51
Tarantella Organic Chickpeas 59P
Clover Honey set and clear, were £3.54 now £3.19

★ Limited stock on special offers ★

La Bio Idea wholewheat pasta was £1.35 now £1.01
La Bio Idea Tagliatelle was £1.69 now £1.27
La Bio Idea white pasta range was £1.39 now 99p
Danival Chilli con Seitan was £4.50 now £2.99
Percol Coffee selected lines were £3.29 now £2.63
Faith in Nature
Shampoos and conditioners all reduced by 10%
Green and Blacks chocolate
Milk was £1.95 now £1.45
Clearspring Non – organic Instant Miso Soups
Were £2.79 now £2.37
Original Rice Dream was £1.89 now 99p
Provamel
Red - unsweetened was £1.45 now 99p
Green – sweetened was £1.49 now 99p
Earth Friendly
Baby Shampoo and Bodywash was £3.90 now £3.42
Nappy sacks was £1.72 now £1.50

Delicious organic Easter Eggs from **Cocoa Loco!**

Established in 2005, based in East Grinstead, West Sussex and certified organic by the Soil Association, **Cocoa Loco** are, in their own words 'a small family firm that bakes everything in our kitchen from scratch. We refuse to compromise on the quality of the ingredients and we create handmade organic products in a way that minimises the impact on the environment. Re use, reduce and recycle are watchwords in our business. All of your packing in your gift box can be recycled or composted.' Even the cellophane bags their products are sealed in are biodegradable!

Dark Chocolate Chickens £5.99 – vegan
Milk Chocolate Egg in a Handmade Egg Cup - £5.99
Milk Chocolate Mini Eggs - £4.99 - Fairtrade
Dark Chocolate Sparkling Egg filled with Buttons - £11.99 - vegan
Milk Chocolate Sparkling Egg filled with Buttons - £11.99

New this year are the chocolate eggs presented in specially commissioned hand made eggcups from the Camilia Botnar Foundation in Cowfold, West Sussex. Established in 1979 by Octav Botnar and his wife Marcela in memory of their daughter Camelia, the foundation provides disadvantaged teenagers with training and work experience. Helping young people who have left full time schooling learn a skilled trade and successfully make their own way in life.

Vegan Crême Eggs!!

Ordered direct from The Chocolate Wendy House these dairy free eggs are just £1.20 and a sweet treat for both customers and Trinity workers alike.

Now in stock are locally made **Majik Mica Mineral Powders**. A range of stunning blended powders for your eyes that create a beautiful shimmering and glittering effect once applied. Produced by Majik Blankit in Hastings these powders retail at just £3.99 and we have samples in the shop for customers to try out before buying. 100% vegan and 100% glam!

Quick Dark Marmalade

In stock are last of this season Seville Oranges which are also known as 'bitter orange' and are ideal for making marmalade.

Tip: If you like a lighter marmalade add white sugar instead of brown and no treacle.

- 1.5kg Seville oranges
- 2 lemons
- 3 litres (5 pints) water
- 2.5 kg granulated sugar
- 450g dark soft brown sugar
- 1 level tablespoon black treacle

Wash the fruit, then cut in halves and squeeze out the juice into a large saucepan.

Cut the fruit skin in quarters, put the pips in a piece of muslin and tie with string to form a bag. Using a coarse blade mince the peel and add to the pan with the juice. Add the water and tie the muslin bag to the handle of the pan.

Bring slowly to the boil and simmer gently without a lid for about 2 hours or until the peel is tender and the contents of the pan have reduced by half. Remove the bag of pips and discard. Add the sugars and black treacle to the pan, stir over a low heat until the sugar has dissolved, then boil rapidly until setting point is reached. Skim and pour into clean warm jars, cover and label. Makes 5kg.

Deodorant

Tom's deodorant was temporarily removed from our shelves due to complaints that the product contained propyl glycol, an ingredient which customers may choose to avoid due to its controversial publicity. However other customers complained that this popular product was removed and so it is now back on the shelves!

We appreciate that some ingredients are contentious and respect the customers' right to make informed decisions. We therefore made the decision to stock a purer alternative and so Trinity is now stocking **Green People Aloe Vera** and **No Scent** organic deodorant. The Green People range is suitable for customers who may be prone to eczema and psoriasis and is free from Aluminium, Parabens, ethyl alcohol and other potential irritants. They are also suitable for vegans and you will also be pleased to know that their packaging is recyclable and non-air-freighted.

Quick and Easy Mushroom Paté

Many of you have been asking for this recipe forthcoming a recent Saturday taster session.

Mushrooms, your favourite variety, roughly chopped and fry in a little toasted sesame oil. Add a tablespoon or two of Tamari or Shoyu sauce, allow to simmer until soy sauce is absorbed. Put mushrooms into a blender with a tablespoon of egg-free or other mayonnaise and 1 small handful of pumpkin seeds. Blitz ... and dip. Remember no recipes are written in stone. Substitute oils and/or soy sauces. Try blitzing mushrooms with pine nuts or toasted sunflower seeds for an extra crunch!

Local Leeks!!

In February we started to take deliveries of leeks from Pannel Farm, Icklesham, which the Welsh were pleased with on March 1st. It meant we could celebrate St Davids Day with a nice bowl of leek soup or stew but if you fancy something different here's a vegan suggestion. You'll need a casserole dish, top and tail approximately 6 leeks so that they can lie flat in the base of your dish. Steam or boil the leeks until soft. Wrap 1 or 2 vegan rashers around each leek, cover with a vegan cheese sauce (found in the Trinity Vegan Recipe Sheet) and put into a warm oven on a moderate heat for approximately 20-30 minutes. You can grate some vegan melting mozzarella on top and grill before serving with a baked potato and some greens - or fresh vine tomatoes.

Carrot Puree

- 4 large carrots
- 1 sprig of fresh thyme or 1 tsp of dried thyme
- 1tsp caraway seeds
- 1 tbsp olive oil
- juice of 1 lemon
- 2 cloves of garlic - or add more if you like
- salt and pepper to taste

Steam or gently boil the carrots with the thyme until soft. Then sieve and remove the sprig of thyme. Puree the carrots with a stick blender or in a processor with the caraway seeds, olive oil, garlic and lemon juice. Season with salt and pepper. If you've boiled the carrots and the mixture is too wet spoon into a sieve and leave it drain into a saucepan for 10 minutes or so. The juice in the saucepan can then be used in a soup or stew. We love this puree spread on toast and served with squash soup, yum!

A warm and sweet sugar free smoothie

- 2 Apples, peeled, cored and roughly chopped
- 50g/2oz/¼ cup of raisins
- 2 tbsp rolled oats
- ¼ tsp ground cinnamon and nutmeg (add same amount of ground cardamom - optional)

Add the apples, raisins and rolled oats to 350ml/12floz/1½ cups of water in a saucepan. Bring to the boil, then simmer for approximately 5 minutes - stir in the spices. Leave to cool slightly.

There's a few options on how to blend the mixture for a drink - I've blended it in my smoothie machine but found that it can be too thick so you have a few options: add apple juice or cold water to help it cool slightly; add water while it's cooking to make it thinner and heat; or just use a hand blender and keep it thick!

New in stock is **Dr Bronners Eucalyptus Liquid Soap**. Vegetable based, cruelty free, vegan, made with certified fair-trade and organic oils, no synthetic foaming agents, thickeners or preservatives and is multi-purpose:18-1 uses!! Phew!

Featured in the Independent article on 'The 50 best men's grooming gear'. We stock the rose, peppermint and lavender but included the Eucalyptus to the range just in case any of you wanted to take the newspapers advice and... 'Go for the Eucalyptus for an invigorating wake-up shower every dreary Monday morning, to leave you ready to face the day.' We'll hopefully be adding to this range, depending on availability from our wholesaler.