

fairtrade
ethical
sustainable
local



planet

COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – September 2015

Recipe shared by regular customer Maria Campbell:-

Nut & Seed 'Milks' in four easy steps!

METHOD

* Soak the nuts or seeds overnight or at least 8-12 hours. Rinse regularly and discard the soak water, as it contains enzyme inhibitors, reducing the digestibility of the nuts and seeds (your plants will love the soak water).

* Place soaked nuts or seeds in your blender with 2-6 times the amount of clean water depending on how thick you want your 'milk'.

* If you wish, you can add lecithin granules, carob or cacao powders, sweeteners such as date or a table spoon of agave syrup, natural flavourings extract such as vanilla and any fresh or reconstituted fruit. Then blend on medium speed to a smooth, pudding like purée. At this point, add more water if you want it thinner and blend on high until creamy. Play around with the amount of water to get to the constituency YOU ENJOY.

* Pour the contents of the blender through a nut bag, layer of muslin or clean tea towel into a bowl or jug. Stir the milk as you pour because it will thicken and may not flow through easily. Serve immediately or bottle and refrigerate for up to three days. You may use prepared nut milks for baked goods in place of milk. Mind you, if you like the bits and dislike the faff, then feel free to skip this step and eat the pulp too! continued



Organic September



Soil Association
healthy soil, healthy people, healthy planet

This September make a small change to your everyday shopping and help make a big difference!

Here at ONE Planet you'll find a huge range of organic products, including your everyday essentials!

For example, organic tea and coffee is grown without the use of artificial pesticides and fertilizers. This not only reduces the farmers' exposure, it also means healthier soils and more habitats for birds and wildlife.



The Soil Association have come up with 30 simple and affordable small organic changes you can make throughout the month. To help you on your way, they are sharing a whole host of special offers and exclusive discounts from some of the biggest organic brands and they've also teamed up with some of the UK's best chefs to inspire you with ideas of what you can make using your fresh, seasonal organic produce!

To find out more and get involved visit: <http://www.soilassociation.org/organic/september>



**Organic Beauty Week
14 – 21 September 2015**



Did you know, there are currently no legal standards for organic beauty, so some products may be labelled 'organic' even if it doesn't always stand true? Look for the Soil Association symbol to make sure that what you put on your body is as important as what goes in it!



Maria now volunteers in the shop and has been a great help!



Celebrate the Harvest!

We have given thanks for successful harvests since pagan times, as without a good harvest, people starved! Harvest festival is traditionally held on the Sunday near or on the Harvest Moon. This is the full Moon that occurs closest to the autumn equinox (22 or 23 September).

Are YOU interested in volunteering at ONE Planet?

Please contact Kerry our Shop Manager on 01254 383604, as there are lots of ways you can help out!

Hodmedods British Quinoa is grown by Peter Fairs in the fields of Essex. Peter's selected varieties grow well in lowland Essex, cook just like South American quinoa and provide a deliciously nutty and light quinoa without any bitterness. The delicate grains are not just tasty, but also nutritious, easy to cook and versatile. This quinoa provides a great British-grown alternative to cous cous or rice, can be added when baking bread or cakes, and makes a superb breakfast porridge too!



Sprouting grains increases many of the grains' key nutrients, including B vitamins, vitamin C, folate, fibre, and essential amino acids often lacking in grains, such as lysine. Sprouted grains may also be less allergenic to those with grain protein sensitivities.



These nutrient enhanced YEAST FREE loaves are great just plain or lightly toasted as a snack at lunch and as the base for a sandwich. The advantage is that the snack value is nutritious and sustainable, keeping you energised and in control of your eating providing a slow release of energy and reducing the desire to have other less healthy pick me up sugary treats.

We're not just a shop, we're a Co-op!

ARE YOU A MEMBER?

To find out more, visit the link on our website

www.oneplanet.coop/becomeamember

Contact Us

ONE Planet,
54 Abbey Street,
Accrington, BB5 1EE

Web: www.oneplanet.coop

Email: info@oneplanet.coop

Tel: (01254) 383604

Based in the Cotswold's, Shipton Mill are millers of organic specialty flours. They use traditional grains that have not been over hybridised or enhanced, so the quality of the grain and its suitability for more traditional uses, is ideal.

The promotion of organic food is set deep within the ethos that drives Shipton Mill. They source grain as locally as possible from certified organic producers. Using organic flour not only helps to contribute to biodiversity by maintaining varieties of wheat/cereals but also to the general wildlife populations where organic production methods encourage a greater variety and number of species.



/ONEplanetshop



@ 54AbbeyStreet