

fairtrade
ethical
sustainable
local

ONE planet

COMMUNITY OWNED CO-OPERATIVE SHOP
Newsletter – October 2014

Events



Mon 27th Oct 2014
10am – 4pm

Accrington outdoor market.

Street Food | Live Music | Craft
Activities | Demonstrations |
Pumpkin Carving

This event is organised by One Planet, PROSPECTS Foundation, and Clean & Green Recovery in Association with Hyndburn Borough Council.

Stalls are free! To book, email:
kate@cleanandgreenrecovery.com



Why buy 'Fair Trade' products?

One of the many reasons why we support fair trade products are that it gives the harvesters of our products the right to be provided with a fair wage and fair working rights. In addition, fair trade gives empowerment to the farmers and workers that produce the products, by giving them a say in how the income premium is used to benefit their community. We would like you to help towards providing an equal right to everyone!



All You Need For a Perfect Halloween!

The History of Halloween

In the modern day, Halloween is known as a time for dressing up, gathering sweets and having fun for both the younger generation and older. But here at One Planet, we would like to take you back to the past and explain to you what the real meaning of Halloween actually is. Evolving from the ancient Celtic holiday of Samhain, modern Celts used the day to mark the end of the harvest season and the beginning of winter, and also believed that this transition between the seasons was a bridge to the world of the dead! Halloween is 'All Hallows Eve' which is the night before All Saints Day. The Church traditionally held a vigil on All Hallows' Eve when worshippers would prepare themselves with prayers and fasting prior to the feast day itself.



Pumpkins- what to do with the flesh?

Instead of throwing away the left over carves of the pumpkin, why don't you try this delicious pumpkin soup recipe that will definitely serve up a treat!

Pumpkin Soup

Ingredients

- The flesh of a 750g pumpkin, seeded and cubed
- 2 carrots, coarsely chopped
- 2 onions, cut into wedges
- 2 ½ tablespoons of organic sunflower oil*
- 1 large potato, sliced
- 1 litre of water
- 2 or 3 organic veg stock cubes, crumbled*
- 250ml of double cream
- 1 ¼ tablespoons of ground nutmeg, or to taste*
- 1 teaspoon of organic/fairtrade ground black pepper*
- Sea salt to taste*



*Available at One Planet

1. Preheat oven to 220 C / Gas 7.
2. Place pumpkin, carrots and onions in a baking dish or roasting tin. Drizzle with sunflower oil.
3. Bake in preheated oven 40 minutes, until soft but not blackened.
4. In a large saucepan over medium heat, bring water and crumbled stock cubes to the boil. Cook potato in simmering water until soft, about 20 minutes.
5. Combine potato and water with roasted vegetables and puree in a liquidiser or food processor until smooth. Return to pan over low heat and stir in cream, nutmeg, pepper and salt. Heat gently and serve.



19 - 26 October 2014

"LIVING DIFFERENTLY" Breaking Chains - Making Change

Each year, "The Week" is an opportunity for people from diverse backgrounds to come together to learn about global justice, to spread that learning and to use it to take action for justice locally and globally.

To get involved visit:
www.oneworldweek.org

One World Week is a Development Education Charity (No: 1107762).

Are you interested in volunteering at One Planet?

Please contact Katy, our Branching out Manager on 07419 373313, or email branchingout@oneplanet.coop as there are lots of ways you can help out!

Contact Us

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/ONEplanetshop

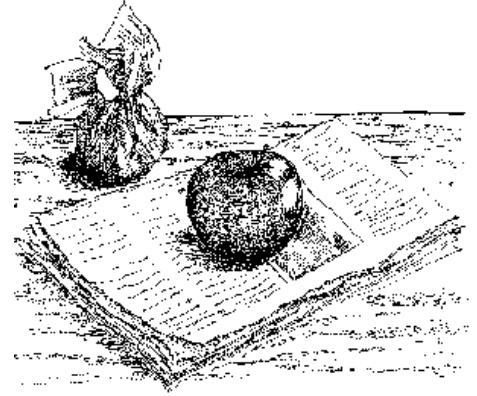


@54AbbeyStreet

Things to Do With Your Apples

Apple Day 21st October 2014

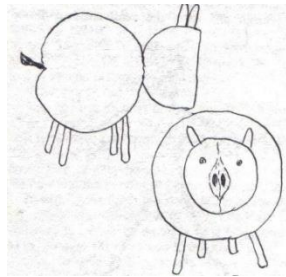
Apple storing is a quick and easy way to make apples last up to three or four months or longer if stored properly. This is a tip that will ensure that you have a healthy Halloween this autumn. All you need is newspaper, a box or basket, and apples. A root cellar is optional, but not necessary. This is done by wrapping the newspaper round the apple and placing it in the box ensuring that it is stored properly.



Fun Family Activity!

Apple Pigs

Take a large red, rosy apple at put it on its side. Place 4 cocktail sticks underneath for legs and you will have the stalk as the tail. Cut a small separate apple in half and attach one half to the body and the opposite end to the tail using a cocktail stick. The cut side of the apple forms the face. You can make eyes by inserting silver balls or currants and use little leaves for ears. To stop the face from turning brown, dip it in a little lemon or vinegar!



Bartering

Do you have any home grown produce that is just not being used? Well, this October why don't you try bartering your produce with your neighbours and friends to see what goodies you can get for them?!



Our Biona Organic Cider Vinegar is made from fresh, cold pressed apple juice and naturally fermented with vinegar 'Mother' and aged in wooden casks. For an invigorating tonic, mix 2-3 tablespoons with honey in a glass of water.

Try our Pukka wild apple & cinnamon with ginger tea and discover how organic and fresh they really are!
To find out more visit:
www.pukkaherbs.com



Any 3 organic Suma soups for £3!

SPECIAL OFFER

Save 75p!

These include:

- Italian tomato and basil
- Lentil and courgette
- Carrot and coriander
- Barley and bean
- Tomato and Red Pepper

We love Suma! They are a workers' co-operative and the largest UK independent whole foods wholesaler/distributor, committed to ethical business. They specialise in vegetarian, organic, fairly traded, natural and ethical products.



This newsletter was designed with help from Rahil Khan and James Bennett from the Business course within Accrington & Rossendale College.