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COMMUNITY OWNED CO-OPERATIVE SHOP

Newsletter – September 2014

## 'Aloe Aloe' Wake up to the benefits of Aloe Vera!



Sitting impassively on the One Planet shelves like raw gold on the river bed, this Aloe Vera product might easily be overlooked. But inside those leafy-pictured bottles is Organic Bio-Active 99.9% Aloe Vera Gel produced from the inner gel, of the Aloe Vera Plant (*Aloe barbadensis*) capturing all the nutritional activity – our jewel in the Nile? ... This soothing gel moisturises, softens and helps restore dry and damaged skin. It can be applied to stretch marks, scars, dry, chapped skin, sun burn, skin irritations and minor burns.

\* If you're fortunate enough to have the fleshy-leaved plant itself, you can crack open a leaf and use the sap and flesh to soothe burns and skin complaints. But to reap the soothing and tissue healing benefits for your internal organs, you need a good proprietary brand of aloe vera juice.

Providing anti-inflammatory action to soothe and heal the stomach and colon, supporting immune function, helping with heartburn, balancing your blood sugar and aiding antioxidant levels in your bloodstream – aloe vera is reported to help them all.

Sufferers of arthritis, irritable bowel syndrome, colitis, crohn's disease, diabetes, radiotherapy, eczema and psoriasis have testified to the beneficial properties of aloe vera juice.

One research study showed that polysaccharide-enhanced aloe vera juice enhanced the absorption of vitamin C. So take it with your supplements to ensure you get maximum benefit from them.

\* This nutritional information has been provided by One Planet Member - Jane Robson.

Perfect for tucking into your children's lunchbox or your handbag as a delicious on-the-go-tasty-treat, this fruity Fairtrade, organic flapjack contains whole pieces of fig which compliment the wholegrain oats. We also stock Apple and Sultana Flapjacks. This product is Fairly traded, is Organic and is Vegan.



## Harvest Festival 2014

The Bishop of the Diocese of Blackburn has launched a Bishop's Harvest Appeal for 2014. He states, "while it is one thing to look after needy neighbours who are close at hand, it is all too easy to overlook the needs of neighbours who are at least as needy but who live far away" For more information on how to get involved with the Harvest Appeal visit: [www.blackburn.anglican.org](http://www.blackburn.anglican.org)

While it is important to support our neighbours with the practical help that is needed, we can also support farming and food producing communities by shopping smarter so the money we pay for our produce is being used for support rather than for profit! At the One Planet Cooperative Shop we stock a range of ethical and Fairtrade foods and produce, which can be used within Harvest Festival events in Schools and Churches this month.



## Cannellini Beans—An Autumnal Treat

Traditionally used in Italian dishes these are a powerhouse of anti-oxidants, providing numerous health benefits. Cannellini beans are low in fat, low on the GI—Glycaemic Index scale; and are a perfect alternative to meat for those wishing to follow a healthier lifestyle. They can be used in salads, soups, stews, pasta dishes, casseroles. They are mild in flavour and very popular in Tuscany where the people are called 'bean eaters', for their fondness of all things cannellini. .

## BACK TO SCHOOL - LUNCHBOX IDEAS!

Buy a bottle,  
change a life!

Hydrate your day with Thirsty Planet—British Spring Water—and help to bring clean water to the most disadvantaged people in sub Saharan Africa. Children who are dehydrated often do not recognise symptoms of thirst, this can also lead to poor concentration and performance in class, encourage them to top up their fluid intake at regular intervals throughout the day.



Give your kids a healthy burst of vitality by popping a carton of Fairtrade orange or apple juice in their lunchbox!



## King Tut's Wheat!

Khorasan flour is an ancient form of wheat and was cultivated for the bread of the Pharaoh's in ancient Egypt. It is perfect for making bread and pasta. It has a lovely golden colour, smooth texture and a rich nutty flavour adding extra elements of yumminess to your home made foods. For the health conscious Khorasan Wheat is high in Selenium, Zinc and Vitamin E but it is not suitable for people with coeliac's.



## Its Not Ancient History!

White Spelt Flour is sieved to remove the outer husks of bran so it has a creamier texture than wholemeal spelt but retains the nutty taste. It is ideal for pastry and bread making. There is evidence of Spelt used as a grain for bread making in Europe 8000 years ago so it really is the food of our ancestors. Spelt is very popular with people who have intolerances to modern wheat varieties however it is not suitable for people with coeliac's.



## Mouthwatering Rye



Another ancient grain, Rye, has been used in the middle east and eastern Europe since Neolithic times. Rye produces a denser, courser textured bread than other grains so it is good for making sourdough bread, flatbreads and pumpernickel. Rye bread has a darker colour and a stronger distinctive taste which most people love. Rye is high in fibre and low in fat so its great for people who follow a low GI diet. Rye bread also contains more soluble fibre than conventional bread so its great for lowering your cholesterol levels.

Again this is not suitable for people with Coeliac's.

\* One Planet also stocks Gluten Free Flour which is suitable for people with Coeliac's.

## Our Market Stall

As well as attending regular farmer's markets, you will also find One Planet Stall at Accrington Market every Tuesdays and Fridays!

This is part of the Branching Out Project and is led by one of our colleagues. We are working with Clean & Green Recovery and Inspire, helping to give people the opportunity to gain employability skills and confidence. It also helps to promote our ethical products that we firmly believe in.



## Pamper yourself this Autumn

New in from Danish company Urtekram these luxurious body care products made from Fairtrade brown sugar and Himalayan Salt are the perfect gift or a pampering treat. Formulated from organic ingredients they are perfect for people who have allergies. They smell good enough to eat and will be a delight for anyone to have in their bathroom.



### Would you like to volunteer at One Planet Shop!

There are lots of ways you can help out, please contact us for more info.

### Contact Us

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## Feta and Courgette Bake with Bulgur

Serves 4—6

### Ingredients:

200g (6oz) Organic Bulgur Wheat \*  
 ½ pint boiling water  
 2 tbsp Organic Tomato Puree \*  
 1 tbsp tamar  
 2½ tbsps Sunflower Oil \*  
 1 onion, sliced  
 2 courgettes, sliced  
 4 cloves garlic, minced  
 ½ tsp Oregano \*  
 ½ tsp Organic Basil \*  
 ½ tsp Marjoram \*  
 1 tbsp Parsley \*  
 Salt & pepper \*  
 2 eggs lightly beaten \*  
 250g (8oz) grated feta  
 250g (8oz) cottage cheese  
 250g (8oz) grated cheddar cheese  
 2 tomatoes, thinly sliced  
 1½ tbsps Sesame Seed (optional) \*

### Method:

1. Preheat the oven to 180°F/350°C/Gas mark 4
2. Pour boiling water over the bulgar, cover and leave to stand for an hour or so. Then add the tamar and tomato puree.
3. Meanwhile sauté the onions and garlic in oil until they are translucent. Add the courgettes, dried herbs and black pepper. Continue to sauté over low heat until courgettes are just tender – do not be tempted to overcook.
4. In a bowl mix the eggs, feta and cottage cheese. Oil a 9 x 9-inch casserole dish. Layer first the bulgar mix then the veg and then the feta mixture. Top with cheddar cheese and cover with sliced tomatoes. Sprinkle with a thin layer of sesame seeds.
5. Bake covered for 45 minutes. Remove cover after 30 minutes for a crispier topping. Leave to rest for 5 – 10 minutes before serving.

\* All available from One Planet