

KCGF Newsletter

Issue No: 1-08 Editors: Dawn Groenewald & Jeff Nixon

Karri Country Good Food Inc. 13 Wheatley Coast Rd Northcliffe PO Box 115

Committee: Diana and Roy Moss (97767308), Paul Graham (97767295), Evan Thompson, Les Mirco (97767115), Dawn Groenewald, Helen Nixon (secretary), 97 767009. **Committee meetings:** first Thursday of the month, 7.30 at the shop. If you would like to raise an issue at a committee meeting please contact one of the committee members.

Opening Hours: Wednesday 2-5, Friday 2-5 and Saturday 9-1.

From your Chairperson – Diana Moss

Greetings Members



Welcome to 2008 which I believe will be a great year for KCGF with many projects being planned. One of our new goals is to hold an outdoor market next to the shop on the **last Saturday of the Month**; hopefully the weather will be kind to us until April. Future Market Days will be on February 23rd, March 29th and April 26th.

Our first Market Day was on December 29th and had a good assortment of stalls

including Les with bags of mulch and compost, Liz her groovy fly nets, Kate and John with a Mikroclima crop cover display, Dawn and Jeffery loads of beautiful plants, Roy made yummy pancakes and Charmian's delicious cakes and tarts went down a treat, as always, with a cup of tea or coffee.



and
with



The crowd was a mixture of members, curious locals and tourists who had stopped to check out the market or to become involved with the Circus Workshops conducted by Jo Bolton from Suitcase Circus. These workshops were presented in collaboration with the Northcliffe Arts Association for the benefit of young people and those young at heart who wanted to join in the fun. The January Market Day was also very busy with many people in town for the Reunion and the new stall of

handmade baskets by Bernie proved to be very popular.

Our next **Market Day** on **Saturday 23rd February** will have **Basic Water Testing** conducted by Andy Russell from **Ribbons of Blue**. To find out the **Salinity** and **Acidity** of your river, creek, dam bore or water tank you will need to bring 500ml in a **VERY CLEAN container**, (otherwise the results may be compromised). So come along and check out what's happening.

Anyone interested in having a stall or helping on the day please contact me on 97767308.

AGM and Fundraising Dinner

These concurrent events were held at Peter and Michelle Caccioppola's beautiful residence on December 1st, 2007. The AGM went smoothly and quickly with a big thankyou to Alana and Charmian who have stepped down from their positions on the committee. Their efforts have been consistent, innovative and always constructive and it's gratitude from all of us for their selfless efforts. Welcome to Evan and Dawn as new committee members.

We all then (28 adults and 6 children) retired to the lush, pleasing garden setting to enjoy great wholesome food, excellent company and a display of talent from our musical members. Thankyou to chefs Ali, Jenny, Helen N, Anne, Diana and Roy for cooking us up a cyclone, which included pumpkin soup, asparagus quiche, Moroccan veggie stew and cous cous, frangipanni flan, pear strudel and much, much more. It was good, I think, really, really good. Well done people! Musicians Dave Carrie, Jay Sepkus, Polly Valentine and Graham Evans tinkled away beautifully into the night. Big thanks to Dave for the equipment and set-up. Thankyou to Michelle and Peter for opening up your home. Importantly or not, the KCGF raised \$314 from this night and a pleasant social and culinary time was had by all.

From your secretary- Helen Nixon

We will be reviewing the constitution to ensure that it reflects the evolving operation of the KCGF. One suggested change is to have the financial year beginning on January 1, which would be easier for members to remember when to renew their memberships, and to have the AGM outside the traditional (and very busy) time from July to October. Please ask for the shop copy if you are interested in shaping the next constitution.

Meg's Panino and Salad Rollups

- Jar Panino
- Tahini
- Sunflower seeds
- Artichoke hearts
- Lettuce
- Tomatoes
- Feta
- Lebanese bread or similar, e.g., corn bread

Spread tahini and panino on the bread, add all other ingredients and anything else you like from Karri Country Good Foods, and munch away.

Faces of Karri Country Good Foods - Anne Sepkus

My interview with Karri Country Good Food member and volunteer Anne Sepkus was nicely timed for me; lunchtime; a crafty move on my part. Over a delicious lunch of ham and fresh salad with cinnamon and cumin dressing our conversation naturally turned to one of Anne's passions: the joy of eating, preparing and sharing fresh wholesome food for family and friends.

Polly: Have you always had such an interest in food?

Anne: Oh yes. I've always been a big eater. I grew up with a father who liked very plain food. We were basically a meat-and-three-veg family although my mother did make salads. I'd assumed



my mother hadn't liked cooking but I think it was just that she cooked to please my father and found that boring. She taught us girls how to cook quite early. Then as we left home and experimented more with vegetables and spices we'd come back home and make food for our family, and Dad, with garlic and chillies. He didn't want to be rude. He'd say, "Hmm. Very substantial." Nowadays he actually does enjoy garlic and chillies.

Polly: There were a few girls then?

Anne: Four girls, two boys. I was the eldest. I did share the looking after of the younger ones. I remember walking around with my youngest brother on my hip. And by today's standards we would have been neglected children. My mother used to say, "If you kids are going to make so much noise, run away from the house."

We grew up in Glen Forest in the hills of Perth. Very free. Lots of room to run around. A creek to play in.

Polly: Why are whole foods better?

Anne: What I like to do is to eat food that is as close to nature as possible. I think the more processed the food is the less good it is for the body. My rule is that I won't buy food that is made by a process I couldn't repeat at home. So I won't buy margarine because I couldn't make that at home. I would buy soy milk because I know that it can be made at home. People in Asian countries make it at home so I find that an acceptable level of process. I have quite set ideas about nutrition and some of them don't mesh well with current thinking. "Fit for Life" was an absolute travesty. I read one of the books until it actually said you should avoid almonds and avocados because of their high fat content and I thought "What crap! They're wild food you could pick from a tree."

What you have to do is find what suits you as a person and it depends on your metabolism and level of activity. You basically have to make time to enjoy your food. Food isn't just about keeping your body healthy, enjoying your food is important. I believe that no matter how healthy it is if you don't enjoy it it's not going to do you any good.

The pleasure doesn't only come from eating the food; it's the ritual of it.

Using a mortar and pestle is a fantastic thing to do. I used to find making bread very therapeutic, a great way to get tension out.

When Sid and I were first married I'd make two loaves of bread and we'd eat one straight away, fresh from the oven and the other would last all week as we sliced it up for toast.

Polly: What's the most ambitious thing you've ever made?

Anne: I must admit, the Death by Chocolate cake. We used 6 kilograms of chocolate in the cake.

Polly: Special occasion?

Anne: Father's Day.

At this point Sid interrupts, "She was trying to kill me."

Anne: I made a double batch for Rowan's 21st. It was a three day production to make that cake. I do spend a large part of December preparing for Christmas. I make panafore, stained-glass Christmas cakes, fruit mince tarts, vegetable side dishes, chutneys, stuffing. I make a herring and beetroot salad because the family all enjoy that.

I never believed in force feeding. I let the kids choose for themselves. Their body will naturally select what they need. I did notice that at birthday parties my kids would happily eat vegetable

sticks and dip. I never had junk food in the house. If what you have is healthy food then that's what they eat. We're fortunate down here in that we live away from access to a lot of junk.

Polly: How was your shift at Karri Country Good Foods on Wednesday?

Anne: I do like meeting people. I had a bloke come in while I was working at the co-op on Wednesday and ask "How long have you been here?" as if I might be a newcomer. We tend to be hermits so it can sometimes take years to meet the new people though there once was a time when it seemed as if we knew everyone.

Polly: How long have you been here?

Anne: Thirty years.

Polly: Your philosophy of community service Anne - why do you volunteer?

Anne: Because to build the community to be the sort of community you want to live in you have to be involved. I enjoy the fact that we have a lot of strong-minded individuals in Northcliffe.

Bits and pieces

PAYMENTS FOR SELLERS Sales from the shop are processed monthly. An itemized listing of amounts owing to sellers will be available at the shop at the end of the first week of each month. Small amounts owing can be paid direct to sellers at the shop, depending upon takings for the day. Amounts owing over \$40 may need to be direct debited to your bank account this is the easiest, fastest way of getting your funds from sales. An itemized statement of your sales can be emailed to your email address at the time of transfer. This transfer can be made in the first week of each month. If you wish to know if you have funds owing to you or would like to send your bank account details you can email Jenny Mawdsley on jemawds@bigpond.com

URGENT! HELP! The chooks that normally supply eggs to the shop have all abandoned their nests. If your chook are still on the lay, please consider selling your excess eggs through the shop. You can charge whatever price you wish - previous sellers' prices have ranged from \$2.50 to \$4.50 per dozen and the shop takes a 20% commission. There is also a limited but steady market for duck eggs. Just remember that you need to date the eggs, individually if collected over a number of days, and on the container if collected on the same day.

STOCKING UP It can be frustrating when an item you want is out of stock at the shop when you need it. You may not be aware that we rely entirely on volunteers to bring back stock from Perth, as this keeps our prices down. If you are going to be in Perth on a weekday and are willing to pick up stock from Kakulas Brothers in North Perth, please contact Roy on 9776 7308. Kakulas Brothers is accessible off the Mitchell Freeway at the Vincent Street exit. It would also be helpful at times to have a team of packers able to pack within a short time after stock arrives, and we are working towards streamlining this.

THANK YOU The fridge donated by Mal and Cheryl Adams about two years ago is now up and running and has been invaluable for keeping stock cool and fresh.

STOP PRESS! Due to heavier involvement with other committees Polly has decided to step down from KCGF committee. She will still maintain her considerable involvement with us. There is now a vacancy so please let us now if you are interested and able!

...*AND* Dried bananas are finally back in stock!