

KCGF Newsletter

Issue No: 2-08

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

Editors: Jeff Nixon, Dawn Groenewald and Helen Nixon

Committee: Diana and Roy Moss (97767308), Paul Graham (97767295), Evan Thompson (97766006), Les Mirco (97767115), Liz Troupe, Dawn Groenewald, Helen Nixon (secretary), 97 767009. Committee meetings usually first Thursday of the month (check roster board), 7.30 at the shop. If you wish to raise an issue at a committee meeting please contact a committee member. Opening Hours: Wed. 2-5, Fri. 2-5, Sat 9-1.

FROM YOUR CHAIRPERSON DIANA

We now have 110 members from more than 80 families, which is an excellent membership base for our not for profit community group. However our turnover in the shop has been a bit low over the last few months. Did you realise that if each member family spent, on average, at least \$15 a week at Karri Country Good Food our turnover problem would be solved and we would be able to purchase some much-needed equipment? So before you spend your money out of town please consider which items you could purchase at the Karri Country Good Food Shop at our very competitive prices. This would allow us to maintain, improve and develop our premises and to extend the range and volume of products we can offer, not just pay expenses.

That small effort on your behalf will make a HUGE difference. Yes I know we aren't open all the time - perhaps we haven't chosen the right days - if enough people ask for a change that could be arranged. Also, if every member family opened the shop at least 3 times a year, we could open 6 half-days a week!

The autumn and early winter rains have been excellent for growers. If you are thinking about what you might be planting and are wondering what would be good to sell at our shop check out our new blog at <http://karricountrygoodfood.wordpress.com/> which was set up by John and Kate. You can find out what other members will be growing, with the idea that we can cooperate together and also find out useful tips.

At our next committee meetings we will continue to work on our long and short term goals and start setting up a framework for our Business Plan. We would like members to contribute their thoughts at first by leaving your written ideas on the chart in the shop and later by attending special planning meetings to be held in the next few months. While we are canvassing for new ideas we also encourage you to give some thought into how these ideas can be put into action and to indicate your willingness to help with the process.

Kind regards from Diana Moss, Chairperson

FOR THE FOODIES – DARYL'S PESTO

- 4-5 cloves of garlic
- 1 cup almonds or peanuts
- 150 grams Parmesan cheese
- 250 grams basil

Blanch almonds in boiling water for 5 minutes and the skins will come off easily. Dry them with a tea towel and blend in a food processor until they have the consistency you like. Remove almonds from processor. Blend garlic, basil and oil in food processor until it is a smooth paste. Combine all ingredients and put into jars or other well sealed containers. Add about 10 mls of oil to seal until use.

FACES OF KARRI COUNTRY GOOD FOODS – RAY

It was a slow day at Karri Country Good Food and Ray and I were passing the time together. Ray started talking about some trouble he was having with a heifer and we went from there....



Polly: So, do you have a farming background?

Ray: I grew up here. On a farm, on Windy Harbour Road, now owned by Denny Smeathers. I did all my schooling here in Northcliffe from primary right through. My parents sold the farm in 1966 and I finished high school, staying with my uncle for the last few months before moving to Perth.

Polly: How was Perth after being a country lad?

Ray: I was a timid teenage kid and I was scared out of my wits. I found Perth really daunting.

Polly: Did it get easier?

Ray: Well I got involved with some religious groups. Initially Jehovah's Witness and then a Pentecostal "Born Again" group.

Polly: Do you think you were attracted to them because you were a bit scared.

Ray: Yeah. I gained a lot of confidence with a group that took me in and made me feel welcome. I met my wife in a group of Born Again Christians and we had two fantastic daughters Sarah and Leah. After eight years of marriage and at the age of 32, it all happened at once: I left the church and got divorced and followed my own interests. Then, after 27 years of working for Western Power I decided to take a redundancy and move back to the place I love.

Polly: What do you enjoy about living in Northcliffe?

Ray: I love playing darts! I play darts with the Northcliffe Workers' Club. (If anyone is interested in playing darts over winter, get in touch with the Northcliffe Workers' Club.) I love being so close to the beaches and the rivers. I've just bought a kayak which I intend to use. I took a kayak up the Warren River, I did it all by myself, it was an incredible feeling knowing that it was where my ancestors were. I went right up to where my great grandfather had a farm. My mother was a Lewis, she grew up on the Warren River. I bought a property in 1999 with my good friend Evan and we've been farming ever since, just small time.

Polly: What's your favourite season down here?

Ray: I don't like the flies so it's not summer. It's probably autumn.

Right now is a nice time. Only thing is that everything is very dry. I like it when it's green too.

Polly: Why did you join Karri Country Good Food?

Ray: I've got eggs to sell and thought I'd sell them and that's how I realised how much wholesome and good food is for sale here. Good food that's really good for your digestive system. I make my own muesli. I like to chuck all these natural nuts and grains and dried fruits in.

EDITORIAL which does not necessarily reflect the views of the KCGF committee or the membership!

Hi all. I've been musing about the way of the world and how it relates to our KCGF. Rising food and fuel prices are upon us. About to complicate this is the carbon trading system which is looking for solutions to the impact of climate change, using the same marketplace framework and mindset that has led us

unchecked into these possibly devastating changes and into the social disruption of too many big winners and big losers. Even the biofuel industry may yet have a net negative impact.

So hang on, KCGF! Our relevance within the community is about to be magnified. Community cooperation should become more crucial to community and individual well-being. A rocky ride is ahead, so start saving your seeds, increasing your herds and flocks and thinking local. One day working with and for each other could be a matter of survival. Jeff

INFORMATION from Helen

NEW PRODUCTS

We have been trialing various items. The following (with current prices in brackets) have been selling steadily and will be stocked regularly:

- ❖ 4- & 6-pack toilet rolls (the more environmentally friendly ones) (\$2.40 - \$3.60)
- ❖ kitchen paper (\$2.60/2-pack)
- ❖ 'Earth Choice' detergent (\$2.40)
- ❖ 'Earth Choice' laundry detergent (\$2.70)
- ❖ tuna snacks (\$1.25)
- ❖ baked beans (\$1.05)
- ❖ onions (not organically grown) (\$1.50/kg)

We are now starting to trial 'Earth Choice' cleaners. Please give us feedback about our 'environmentally friendly' products and let us know if the labeling makes false claims or if you know a better (and not too expensive) product.

SEEDS

Members Kate and John are dedicated seed savers and have been selling seeds through the shop for some months. As there is nowhere else in town selling seeds (except the wildflower seeds available at the Visitor Centre) we have ordered a range of heirloom seeds to supplement those sold by Kate and John. We will re-package the seeds to useable volumes of, say, 30 to 100 seeds and sell at a very good price while still making a profit for KCGF. Longer term we aim to be getting most of our seeds from our seed savers group. While we'll concentrate on vegetables and herbs we will also offer some flower seeds.

FRESH PRODUCE

Since the start of winter we've sold pumpkins, sapotes, persimmons, salad greens, tomatoes, lemons, limes, apples, macadamias, chillies and mandarins. More members are planting for shop sales so we can look forward to bigger volumes and a wider range. The use of such aids as the Microclimate system should extend the season for many plants.

EGGS

Eggs are one of our most popular items. During winter (chook holiday time) we could probably sell 30 dozen eggs or more a week and even during the laying period we would sell 8-10 dozen. If you can get your chooks such that they lay during winter you'll have a sure market. The Nixon chooks, who had kindly postponed their holiday break and were providing a couple of dozen eggs for the shop weekly, were most ~~dis~~ disposed of by the ~~Nixon~~ Nixon dogs. We've had one or two dozen eggs from other locals but they usually are sold before they hit the counter. I've been able to buy some free range eggs for the shop from producers outside of Northcliffe but they are a bit dearer. As soon as anyone has eggs to sell please let me know and I'll stop buying from outside producers.

EXCELLENT VALUE

KCGF members Liz and Vin Farrell are offering *beef with organic and biodynamic certification* for \$6.00/kg. The meat is sliced to your requirements, packed bulk, (mince and sausages are available), and is able to be picked up from the Pemberton Butchers. If you have other requirements you need to arrange this with the butcher. **Important: please remember to mention that you are a member of KCGF and KCGF will receive a commission of \$20.00.**

ART WORK

Several pieces of art by a member have been on display in the shop. Besides being an attractive feature, I believe we've made our first sale. You may wish to do the same - we may have to ration space but you are welcome to go ahead.

PAYMENTS FOR SELLERS - A REMINDER

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

MINUTES OF MEETINGS

A file of copies of recent minutes will be in the shop for members to read in the next few days. I've been remiss in not including a brief summary of issues discussed and decided at committee meetings in the newsletter. I believe that there can be a risk that members of any group can feel uninvolved in decision making.

THE SHOP ROSTER!!!!!!!!!!!!

Now for the pleading bit.

I've been doing the roster now for 12 months and if we want to ensure that we don't lose any of our regular volunteers, some more people will need to offer help. At the time I am finalising this newsletter we have just 3 people who have put their names for July, leaving 10 days without a name. There are 7 members who usually volunteer monthly and several others who are available for short-term call-up. Holidays, illness and family commitments reduce this number in any particular month. Please, if you've been thinking of offering your help give me a call (97 767 009).

FORWARD PLANNING

It's essential that members are part of the planning for the short-, medium- and long-term future of our business. As a start please offer your thoughts (anonymously if desired) on the strengths, weaknesses, opportunities, etc., on the chart displayed in the shop or by letter or email. This newsletter will publish your contributions for consideration of all members.