



"Beware The Ides Of March"

The famous Soothsayer warning given to Shakespeare's character Julius Caesar before he was assassinated certainly has some meaning in our industry at the moment.

We were warned before Christmas to expect price increases after the New Year in the order of 40% to 50%. Grain production has been severely effected by the 100 year drought and water crisis Australia's agricultural regions are experiencing and recovery can not be predicted at this time. The "Ides" or 15th March have come and gone and wheat and spelt grains are the first products to reach the 40% forecast increase.

Cereal crops not only are a major component of a west-

ern diet but they also contribute to the production of meat, milk and eggs. Our egg supplier told us that bulk wheat prices have increased 65% since last June so the full effect of the grain shortage may yet to be felt.

Extreme weather events are affecting farmers world wide and Australia now has only 129000 farmers left who have survived the recent economic repercussions. But in perspective 115000 desperate farmers in India have committed suicide during the last decade. (ref "News Leaf" #70 page 6 Hamish Mackay).

One thing about wholefood products is that, with care, they store reasonably well so we will try to keep you informed of any major price fluctuation forecasts so you can increase your stocks if you choose. Also our

Packaged Drinking Water

We plan to introduce our own bottled spring water this year in 6 litre & 10 litre containers.

Our family property is at Karoola (which coincidentally is the Aboriginal name for "Fresh Water") and we have access to and are able to bottle pure spring water directly

from the source.

We are in the final stage of testing and licencing and believe by mid year we will be able to present an excellent tasting, high quality spring water without requiring complex purification or chemical sterilisation.

Newsletter

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Bread Deliveries

Country Life bread delivery day has now changed from Monday to Wednesday. Fresh bread is therefore available until we freeze the surplus on Thursday afternoon.

computer system averages each price increase over the total stock of the particular product to keep increases smaller and more gradual.



Recipe Corner

Gluten Free cooking tips and recipes from "Grass Roots". Published by Grass Roots Publishing Pty Ltd. Box 117 Seymour 3661.

Baking Hints & Recipes (Fran Riley, Cassilis)

Duck eggs are good with gluten-free flour for biscuits and slices as they are rubbery and hold the mixture better, but do not use duck eggs in cakes. Buckwheat flour makes great muffins with the addition of spices to give flavour.

For biscuits with gluten free flour I use melted cooled butter which is still runny. Hot butter will set the gluten free flour too quickly and ruin the mixture. I have had no success using margarine and oil.

Orgran flour is good, but put the mixture onto trays as soon as mixed as it is less pliable after a while.

Coconut Macaroons:

4 cups desiccated coconut
1 tin condensed milk
1 tsp vanilla essence

Method:

Mix together (add sultanas or cherries optional). Place 1 teaspoon of mixture on a greased baking tray. Bake in a moderate oven till light golden. Let all biscuits cool on a tray then remove with an egg lifter.

Sponge Cake:

Recipe also suitable for patty cakes.

4 eggs separated
3/4 cup caster sugar
1 tsp vanilla essence
1/2 cup custard powder (White Wings is Gluten Free)
1/2 cup corn flour (eg White Wings)
2 tsp baking powder (Wards is gluten-free)

Method:

Beat egg whites, gradually adding caster sugar. When stiff, add yolks and vanilla essence. Then add custard powder, cornflour and baking powder that have been sieved together and mix. Cook in two cake pans at 200oC for 15—20 minutes. Ice with pure icing sugar, join with mock or thickened cream.
(Note The Grain Grocer have stocks of gluten free custard powder, corn flour and baking powder.)

Sweet Vegetables in Peanut & Coconut Sauce ref."Coconut Cuisine featuring Stevia" By Jan London (www.happystomach.com)

1 Medium Sweet Potato, diced & steamed
1 Large Onion, diced or cut in half moons
1 large Ear of corn, kernals removed
1 TB Coconut Oil
2 Large Garlic Cloves
25mm piece of ginger root peeled and finely sliced
1/4 tsp Sea Salt

Sauce

1/3 cup Peanut butter
1 1/2 to 2 cups Coconut Milk
Juice of 1 lime
1 tsp Coriander Powder
1/2 tsp Curry
1/2 tsp Garam Masala Powder (optional)
Dash Red Pepper Flakes

Method

- Combine sauce ingredients in a bowl.
- Heat a wok or skillet and add oil. Sauté garlic and ginger for one minute. Add the onions and sea salt and sauté until translucent.
- Add the sauce ingredients and cook for 5 minutes. Add the corn kernals and sweet potatoes and cook for 2 minutes.
- Serve over basmati or long grain rice.

Once again thank you for your continued support in 2006 and we trust that you will have a pleasant Easter Break ready for the bracing Tassie winter months.

Jane