



Merry Christmas to all!

Jane's Nibbly Bits

The popularity of our "Allergy Friendly" products and healthier snack lines has grown enormously since our move to the new premises. So much so we have run out of bulk bins for the volume lines. Consequently we now pre pack 200 different goodies and have increased our shelving area to help cater for your culinary desires and busy grab and go lifestyles.

Drought Effect

The drought effect and resultant crop failures has crippled the agricultural and horticultural industries to such an extent that our suppliers are not predicting very far into the future. To build in a buffer I over order where possible to keep up supply for you, however some products are simply not being planted. Known shortages are: Millet products, Organically grown oats; not available in bulk and organic mung beans were just not planted. Org Rices and their byproducts (being such a high water demand crop) are becoming scarce. As anticipated, prices have increased significantly, mainly due to shortages in the cereal based lines but also due to fuel cost related freight increases. We are advised that prices will con-

Two of our recent creations are: "Goji Power Mix"...consisting of Pecans, Aust Raisins, Macadamias, Tamari Sunflower and Tamari Pumpkin Seeds and Goji Berries.

"Jane's Tamari Temptation".... consisting of Tamari Almonds, Sunflower and pumpkin seeds mixed with Cranberries and Banana chips.

As always and to keep improving we appreciate your feedback or suggestions.

tinue to remain high, particularly if suppliers are forced to import from overseas.

Fowl Facts

Our egg supplier houses all his fowls in large open space barns on his Karoola farm as opposed to individual cages. He says that the barn laid concept still only represents 5% of Australia's total commercial egg production as 80% are still from caged birds. I think we would all agree that barn housed egg production is a more humane method of egg supply compared to cages but it does come at a cost to the producer. The fowls lay 18% less eggs but eat 12% more per hen per day than caged birds due to their increased exercise. When added to the fact that wheat

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Christmas Cake Mixes

Christmas cake ingredients will be laid out in a special section next to a scale in the old style white buckets to encourage customers to select and weigh the ingredients themselves.

As with all orders we ask for at least 24 hours notice as it is quite time consuming and the only time we have available is early morning or late evening.

costs have increased by over 100% or \$200 per tonne in the last two years, we have kept our egg price increases at only 20%.

Comforting to know that our eggs are from happy fowls even if the producer could be happier.

Recipe Corner

Celebration Cake

The most popular cake recipe for customers over the last 4 years has been the Celebration Cake so for those who haven't tried it yet here is the recipe:

500g Sultanas

250g Dates

250g Currants

250g Raisins

125g Mixed Peel

125g Glace Cherries

6g Glace Pineapple

60g Glace Apricots

1½ cups plain flour

1 tsp Mixed Spice, 1/2 cup rum, brandy or whisky

2-3 eggs, 1 cup brown sugar, firmly packed

Method

Chop raisins, dates, peel, cherries, pineapple and apricots the same size as the sultanas; combine in large basin with sultanas, currants and rum; mix well.

Cover, stand over night or up to a week. Line a deep 20cm square or deep 23cm round cake tin with three thicknesses of greaseproof paper; bring paper 5cm above edges of the tin.

Beat butter until soft; add sugar and beat only until combined. Add eggs one at a time beating well after every addition. Add creamed mixture to fruit mixture; mix well.

Stir in sifted dry ingredients; mix thoroughly.

Spread evenly into prepared tin; bake in slow oven 3 to 3½ hours. When cooked, brush evenly with

about 2 tablespoons of extra rum.

Cover tightly with aluminum foil; leave until cold. Remove foil and tin, leave lining paper intact. Refrigerate in a plastic food wrap or store in a cool dark place for up to a year.

Festive Fruit And Nut Cake

250g dates

125g glace pineapple

125g glace apricots

125g red glace cherries

125g green glace cherries

125g whole blanched almonds

250g brazil nuts

2 eggs

½ cup brown sugar, lightly packed.

1 tablespoon rum.

1/3 cup plain flour

3tbsp self raising flour

Method

Chop pineapple and apricots into fairly large pieces; leave remaining fruit and nuts whole. Mix well all together. Beat eggs until thick and creamy. Add sugar, vanilla, rum and soft butter, beating until combined. Stir in sifted flours and fruit and nut mixture. Divide mixture between two greased bar tins (base measure 7cms x 25cms) with base lined with grease proof paper. Press mixture firmly into tins. Bake in a slow oven 1¼ or until cake is firm to touch. Cool in tin for 10 minutes. When cold, wrap in plastic.

Christmas Wishes From

We have now entered our fourth year and wish to thank you for your continued support and welcome the newer customers that may have recently found us via our TV adds or word of mouth. Retailing is always a joint effort and we have continued to learn from our customers and grow with your help in product range and knowledge.

The Christmas season has arrived again and time for pudding and cake making. As mentioned on the front page please give us a day or so warning for these orders as well as any others you may have during the year.. This service is close to being unmanageable during trading hours. Have a most enjoyable Christmas break and we hope to see you all again in 2008.

Jane

Fruity Ice Blocks (Ref Grass Roots No. 178 Grass Roots Publishing Box 117, Seymour 3661)

A recipe that will put a smile on the face of the little kids and maybe the grownup kids.

1/2 cup Natural Yoghurt

2 Cups Apple Juice

1 Cup Blackcurrant Juice

Place yoghurt in a large jug and gradually whisk in the apple juice. Pour half into 12 X 80ml ice block moulds or paper cups and freeze until almost set. Insert a pop stick into the centre of ice block and return to freezer until almost set. Pour blackcurrant juice on top of frozen yoghurt layer, freeze until firm. Top with remaining yoghurt mixture, freeze until firm.