

News from ... **HARVEST WORKERS COOP**



Hello <<First Name>>

The hot summer weather and holidays are very much upon us. It's the time for sunbathing, wild swimming, listening and watching the swifts dart about majestically and eating big bowls of salad and fresh fruit.

It's also important to stay hydrated, not just by drinking water but actually hydrating our cells as we sweat more during the hotter days (see more about this in our education section below).

If you have any feedback, tips or recommendations for the shop we would greatly appreciate it.

Warmest of wishes :-)

Martin, Sara, Fran, Chris, Jo and Kevin

In the Shop

EGGS

We have a new egg supplier @brambleandblueeggs



Funny how things work out. As Martin and Sara are winding down their eggs Bramble and Blue are starting up. We hope you will be happy to support these new regenerative farmers we are so fortunate to have on Okehampton's door between Folly gate and the town.

Copper Head, Devon Cream, White Leg Horn, Blue Maran, Welsummer. These are lovely happy pure breed hardy type hens with attentive cockerel. The hens are raised on the farm from day old chicks They live as free range between woodland and pasture.



The hen house is only needed for night time as laying. chickens want to be outside, feel the sunshine and forage in vegetation. The hen house is moved regularly to clean ground to avoid build up of disease and need for medication.

We will still stock eggs loose so that you can save packaging and refill your own egg cartons. As ever, please return any surplus clean egg cartons for us so that they can be reused.

we hope everyone likes the eggs"

Martin and Sara's Hilltown Organics will also be available in limited numbers for the time being.

<https://www.instagram.com/brambleandblueeggs>

FOREST FUNGI

Martin from Hilltown Organics says "Mushrooms are a great source of Vitamin D, great for good gut health, supports a healthy immune system and importantly an excellent source for ergothionin, an essential nutrient of which our bodies are saturated with receptors for in regions of rapid cell growth. Eating mushrooms 3 times/week gives us optimal nutritional benefits."



Forest Fungi is a Dawlish based grower of fungi. Harvest has recently started stocked their delicious shiitake, oyster and enoki mushrooms sourced through the Good Food Loop (see below!) Forest Fungi say "We grow many different varieties of mushroom here at Forest Fungi and we're passionate about every one of them. We've learnt everything we can about mushrooms, starting with foraging and working our way up to climate controlled rooms."

Look out for the varied collection which arrived for our Fungi Friday every week and find out more about Forest Fungi on their very informative website

<https://forestfungi.co.uk/the-shrooms/>

At Harvest we believe in supporting local growers and food producers however often the challenge often is finding a practical and sustainable way of bringing the produce to the shop which can be in small quantities not worthwhile to go and collect. This is where the Good Food Loop comes in.



The Good Food Loop is a not-for-profit online wholesale marketplace and distribution network bringing together sustainable producers and like-minded business customers across the South West. We work together with producers in the South West growing, manufacturing or producing food in an agroecological way, to sell their goods via our non-profit wholesale distribution network.

This means for Harvest we can order produce that normally would be in too small a quantity to do. We can collect this from Shillingford, which acts as a hub for the loop, along with our vegetables and Re Rooted Plant Milk. We are really looking forward to seeing how the loop grows.

The Good Food Loops website is really interesting if you want to out more

<https://goodfoodloop.org/>

Project News 



Mobile Shop and Markets

The Tuesday Market

Hatherleigh Market (market stall not mobile shop) 9am to 12.30pm

The mobile shop is running every Friday

The route and times are:

Northlew, near the Green Dragon 10:30 - 11:40

Bratton Clovelly, by the Parish Hall 12:00 - 13:00

Sampford Courtenay, The Square 14:00 - 14:30

South Zeal, near the Oxenham Arms 15:00 to 15.45

Belstone, Car Park 16.00 to 17.00

Community Outreach

We've also been out and about with the mobile shop visiting Taw River Open Day with Kevin telling seasonal stories alongside this and families contributing to our harvest bee bunting.

Jo took it to the first South Zeal Farmers Market on Saturday and will be going to the Dartmoor Folk Festival Camping Field from 8.30 to 10.30 on Sat 10th and Sunday 11th

August. If you have any events/ markets you would like us to come to then do let us know.

Thanks to our friend Stone stonefree.org for the photo

Our Next Events



We are planning our events and workshops for the year.

Jo and Kevin will be out and about apple pressing in Sept and October and are devising a new style family workshop from the autumn. If you work with a school/ pre school/ home Ed group and would be interested in them visiting then do get in touch.

There will also be a series of workshops/ talks starting in late September

Look out for more info in our display board soon and in the next newsletter.

If you have any ideas on topics you would be interested in learning about at one of our events, please email us at hello@harvestworkerscoop.org.uk or call into the shop.

Education Info



Have you ever spent the year looking forward to a summer holiday, only to fall sick shortly after you arrive? Believe it or not, this is a very common phenomenon. As the stressors of everyday life melt away when the sun finally comes out, our nervous and immune systems 'drops guard' and illness can set in. This is especially true if you spend a lot of your life in a busy, anxious or dysregulated state.

The most critical element our body needs, especially during warmer months as we sweat more, is pure water. It is essential for pretty much all of your bodily functions, including your cognitive performance, kidney and liver function, heart function, joint health and even for muscle building! After all, lean muscle tissue is around 75% water, so hydration helps the building and maintenance of healthy muscle.

But just drinking more tap water isn't enough.

Our body is made up of trillions of cells. These cells are the building blocks of our body. If we don't have enough water in our cells, our mitochondria can't produce enough energy. Without enough energy, our bodies struggle to perform basic functions.

To increase hydration on a cellular level, you might think about filtering your water (to remove heavy metals, pesticides, pharmaceuticals etc etc) and adding a good quality

continually replace vitamin C lost through sweat (as our body can't produce vitamin C).

The dosage depends on many factors from our age to gender to activity level so it might take some experimentation to find what works for you.

Eating the fresh salads and fruit is also important as not only are they high water but their high nutrient/fibre content help the liver and other organs remove toxins and waste effectively. And we have freshly picked lettuce, salad items and fruit in our shop for you to enjoy!


Do you have any food facts that you feel people would be interested in? We would love to hear your thoughts! Email us at hellow@harvestworkerscoop.org.uk

Looking for good vegetable growing advice? [Get 'no dig' growing tips from Charles Dowding.](#)

Recipe Book



Summer Coleslaw

 5 servings  15 minutes

INGREDIENTS

3 medium carrots
 1/2 red cabbage
 1/2 green cabbage
 1 teaspoon good quality salt
 Good pinch black pepper
 2 teaspoons mustard
 2 teaspoons maple syrup
 1/2 lemon juice
 2 teaspoons apple cider vinegar
 2 tablespoons natural yoghurt
 (or mayonnaise)

SEASONAL SUMMER ADDITIONS

Spring onions, parsley, first apples (late summer), fennel, peas, watercress, rocket

DIRECTIONS

1. Grate carrots into large bowl
2. Roughly chop and add cabbages
3. Add salt and pepper
4. Add dressing of mustard, cider vinegar, natural yoghurt, maple syrup, lemon juice
5. Mix all ingredients well and voila!
6. Serve with wild/organic salmon, egg salad, wraps, buddha bowl or just enjoy the fresh, zesty, crunchy slaw on its own!

VERSATILITY

- Variety is the spice of life! Add any herb of your fancy from coriander, parsley, oregano etc

BANG FOR YOUR BUCK

- Organic carrots are rich in carotenoids supporting eye, immune and digestive health
- Organic cabbage is loaded with fibre and essential vitamins like C, K and folate and as a member of the cruciferous family it has been shown to reduce risk of many common health issues

Thank you for supporting Harvest Workers' Co-op

We are a **not for profit workers' co-operative** made up of farmers, educators and storytellers.

to celebrate **Good Mood Food!**

It would be lovely to see you in the Harvest Farm Shop

Monday - Saturday 9:00 - 5:00 in Red Lion Yard or Tuesdays at Hatherleigh Market or out on the mobile shop on Fridays

Do keep an eye out for all our latest happenings on our **website**, in store, or on social media

[Visit our website](#)



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