



# PANTRY POST

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Special points of interest:

- New organic box scheme
- We'll be on line –SOON!
- New stocks
- Bonus time again! ...
- Tell us what you think

## Our website

Our website is gradually taking shape. We are still loading details of the products we stock and using images from some of our suppliers. But it is a lengthy process!

**Orders:**

If you would like to place an order before the website is complete please do so by email:

**jackie@suespantry.co.uk**

Thank you.

## Somerset Organic Link vegetables boxes

Somerset Organic Link is now supplying us with their organic vegetable boxes .

The boxes are delivered to Sue's Pantry every Tuesday for you to collect.

If you have any special requests we will try to order them in for you.

**Ring Jackie  
01458 252 853**

## Viridian Products

We are now stocking Viridian products—not a difficult decision for us to make because Viridian was voted 'Best Ethical company' in 2003. Viridian pride themselves in sourcing the best ingredients, organic where possible and no undesirable extras as they use a green food blend as the natural filler for the capsules. The Sunday Times recently commented favourably on their Pycnogenol (pine bark extract) product because of its excellent skin supporting benefits. It is, apparently, also attracting attention as a potentially natural remedy for managing the symptoms associated with type 2 diabetes.

**We will refund 25p on every blue bottle**

## TELL US WHAT YOU THINK—Please?

We're always keen to hear what you think. Are we stocking any special goods that you want, giving you personal service and above all providing good value for local food?

That's our mission—so tell us what you think.

## EXTENDING THE RANGE OF GOODS IN STOCK

We are endeavouring to extend the range of goods we stock. So we would greatly appreciate any feedback, ideas and requests that will help us provide what you want.

THANK YOU

Sue's Pantry

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**Quality food:  
Friendly service**

WWW.SUESPANTRY.CO.UK

**LOCAL LOYALTY PAYS** ..... Yes, literally!.



Our loyalty programme continues to grow. With over 60 customers taking part it was good to see that most of them qualified for a bonus in March. It was a pleasure to invite those customers to choose goods to the value of their bonus, as a thank you for being such loyal customers.

April is another bonus month, so we look forward to more qualifying customers coming to the shop. Don't forget, that by introducing friends, neighbours, colleagues, and family to Sues Pantry—your own loyalty 'shopping family' will grow—as will your bonus.

There are no points, no swipe cards and no vouchers—**just good value** - that's why **local loyalty really does pay.**

### **New stocks of choice cheeses from the West Country**

We are seeking to source quality cows milk cheeses from artisans such as Richard Carver at Westcombe and Woolserly goat's cheese from Annetee Lee at Sydenham St Nicholas .

We have enjoyed sampling them all! We would like to hear what are your favourite cheeses— whether cow, goat or ewe's milk cheese.

## **Cows, milk and clover ...**

A recent research study confirms that milk from cows fed on red clover contains two thirds more essential fatty acids (EFA's) than non-organic milk. Fatty acids are the basic building blocks of all fats and oils, some are made by the body and others are not which is why they need to be introduced through diet. Every body cell, organ and tissue needs a daily supply of EFA's to rebuild and produce cells. These fats affect our mood, behaviour, intelligence and emotions. A number of mental health problems have been linked to lack of EFA's including depression and chronic fatigue syndrome. In children the deficiency can lead to Attention Deficit Hyper-activity Disorder.

Signs of inadequacy in a diet include dry skin, cracked heels, brittle nails, hyperactivity, joint problems, hair loss, dry eyes, digestive disorders and even clumsiness! Hence we do need to consume certain fats in our diet. EFA's are polyunsaturated and grouped into two families, Omega-3 and Omega-6. Most people have enough Omega-6 fatty acids in their diet, but it is Mediterranean foods that contain the healthier and a balance of Omega-3 & 6 fatty acids.

This is because it contains grains, fresh fruits and vegetables, fish, olive oil and garlic. This diet contains little meat which is high in Omega 6 fatty acids. In addition to fish oils, all dark green leafy vegetables contain Omega-3 fatty acids, Flaxseed oil has the highest content of the Omega-3 alpha-linolenic acid, twice as much as fish oil and is also less expensive and more stable than fish oil. Another source is milled flaxseed which can just be sprinkled onto your breakfast cereal or onto a salad, etc.

Omega-6 fatty acids are found in cereals, eggs, poultry, whole-grain breads, margarine and in oils such as sunflower, corn, soya and evening primrose.

Omega-9 fatty acid, or oleic acid, can be made by humans in limited amounts. It is found in almost all natural fats. Avocados, macadamia nuts, apricot seeds, almonds and olive oil are good sources. Omega-9 helps prevent cancer and boost the immune system.

Patrick Holford's 'Optimum Nutrition for the Mind' is the most readable source of more information on this subject.

More in the next issue of Pantry Post.