



PANTRY POST

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Our First Anniversary at Cheapside

We will be holding an Open Evening on Thursday 23 September to celebrate the first anniversary of our move to Cheapside.

The programme for that evening will include the launch of organic ready meals from Swaddles Green Farm at Buckland St Mary.

More details nearer the time.

Chocoholics & atherclerosis!

A recent study by the University of California School of Nursing has indicated that eating small amounts of flavonoid-rich dark chocolate helps blood vessels function and can even reduce the risk of blood clots!

Importance of organic fruit & vegetables ...

No doubt you have been reading about the sudden media awareness of the dangers of the high sugar, salt and fat content of much of modern processed food, particularly cereals. What you may have missed was the final admission by the Department of the Environment and Rural Affairs that the vitamin and mineral content of our food has declined sharply over the last fifty years.

Inevitably a research programme has been set in train to investigate how this indisputable effect on our health and well-being is to be offset! Seeking to supplement the vitamin and mineral deficiencies in our food does not mean one should end up rattling like a pill box!

This fact was one of our reasons for deciding that all the fruit and vegetables we sell are certified 'organic' or come from growers who do not use pesticides. As we try to source locally, most of our vegetables now come from the 30 acres at Lopen farmed by Somerset Organic Link. We hope you enjoy the variety of seasonal fruit and vegetables that will also be continuing through the Box Scheme throughout the winter months.

GM impacts vitamin E!

You may wonder what GM food has to do with Vitamin E but as new labelling on GM ingredients comes into force then any product with 1% or more of GM content will need to be labelled as such. Until now most vitamin E was made from Soya beans and most beans came from the USA where the majority of production is GM based. As a result it seems it is not possible to obtain confirmation of non-GM vitamin E for any sources of commercial quantities. So our suppliers have been sourcing and reformulating so as to ensure they do not refer to GM content, hence you may shortly be noticing changes to the ingredients labels on the products we stock.

Special points of interest:

- Celebrating our first year at Cheapside
- The importance of organic fruit and veg.
- Chocolate and GM
- Our first Loyalty Club event was held on 15 July
- More on EFA's

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First Loyalty Club Event



We hope those members who were able to join us for the first Club evening enjoyed the opportunity to talk to our speakers in the informal surroundings. Local naturopath and herbalist Brigitte started the evening by providing us with an informative overview of the impact of the new rules that will outlaw many vitamin and mineral supplements currently in use. Martin from Longman Cheese introduced us to five new West Country cheeses, made by committed individual producers who are seeking customers who enjoy good food. The contrast in flavours was such as to make all appreciate the subtleties of good cheese! They are here for you to try.

We noted the noise level increasing as the evening progressed, probably due to the slow effect of Julian Temperley's latest offering "Orchard Mist", a combination of his Kingston Black apple liqueur and good lemonade – a strong competitor to Pimms!

We have the recipe for this 'punch' and we stock many of Longman's cheeses. Please ask if there is a particular cheese you would like us to stock.

More on EFA's!

Following up on the issue of Essential Fatty Acids (EFA's) from our April newsletter, a study of primary school children in Durham has confirmed that supplements of omega-3 fatty acids that are found in fish and flax seed oils could take children from the bottom of the class to the top in just two terms!

Researchers in California also tested the effect of low dose multi vitamin and mineral supplements in school children aged six to 12. It found that after only four months the children taking the multi vitamin supplements were disciplined for violent and non-violent delinquency 47% less than the placebo group.

A more recent study on the Isle of Wight has also identified hyperactivity levels in young children as a result of food additives.

The tests were carried out for only four weeks and parents reported significantly less hyper-activity when the additives were removed and markedly more so when put back in.

The main culprit in the omega-3 imbalance is Linoleic Acid, the EFA found in abundance in vegetable oils and spreads such as margarines.

As we are more likely to have an increased omega-6 intake in our diets we should all be looking to achieve a better balance - for our ancestors this was thought to be 1 to 4 (omega-3 to omega-6) rather than the 1—100 found in some fast food diets tested in the USA!

As one way to help address the imbalance for children, we have introduced Higher Nature's "SMARTFISH", a Norwegian omega-3 and 6 flavoured orange to appeal to children from six months old. Please ask for sample sachet.