



March 2014

Message from the Team

We welcome some new products!

Tried and tested by the team and passing our strict standards of taste, quality and value, we welcome the following to our range:

Cider Range

Mock Orchards, known for their top quality **certified bio-dynamic** Apples have a beautiful range of Ciders made here in Victoria using Apples from their orchard in Red Hill, Victoria. We are proud to be stocking the following from their range –

Dry Cider – This is very full body and has a high alcohol content (8.90% Vol). The flavour is deep and crisp, a perfect drink to have with friends or even with a meal.

Sweet Cider – A much lighter alcohol content (5% vol) and a very easy to drink Cider. Perfect to enjoy on its own after a long hard day at work!

Both of these come in a 330ml bottle and retail for \$5.99 each.

Beer

Yes we add to the range a wonderful **Beer** from our friends at **Green Fern** in New Zealand. A **Certified Organic Beer** using nothing less than all Organic ingredients and **natural fermentation** to bring the product to life. Enjoy one with a meal or with friends there is no doubt you will enjoy the experience! These come in a 330ml bottle and retail for \$5.29 each.

Gluten Free Range

We have expanded the Gluten Free Range of products to include the following:

Bircher Muesli – This came highly recommended by one of our clients so we could not resist to include it! Thank you for the recommendation (you know who you are!). From Australia's Real Good Food brand we welcome their Organic Gluten Free Bircher Muesli.; Made using Rice Puffs it is a great alternative for those with gluten intolerances or not! This comes in a 500 gram packet and retails for \$9.99.

Licorice – From Orgran we now include Gluten Free Licorice to our range. It is delicious and addictive! It comes in a 200 gram packet and retails for \$4.40 each. Please note this product is not Organic.

Other Grocery

Noodles – We have a range of Soba and Udon Noodles from Hakubaku. These are Organic and come in 270 gram packets. Retail Price is \$3.99 each.

Toasted Muesli – From Real Good Foods once again we have made available their toasted Muesli. This comes in a 475 gram packet and retails for \$8.99 each.

Ground Nutmeg – Expanding on our Gourmet Organic Herbs & Spices Range we are now proud to include Organic Ground Nutmeg. This comes in a 45 gram packet and retails for \$4.59 each.

Vanilla Beans – For the bakers out there, we now carry 5 gram packets of vanilla beans from Gourmet Organic. These retail for \$9.99 each. Remember – a little bit goes a long way!



Order by 5pm for next day delivery to Melbourne metro and most outer metro suburbs.

In Season

Vegetables

Beetroot
Capsicum
Carrots – orange
Carrots - Purple
Chinese greens
Cucumber
Eggplant
Garlic
Kale
Leek
Mushrooms
Onions – Brown / Red
Parsnip
Potato
Pumpkin
Silverbeet/Chard
Spinach bunch
Spinach loose
Spring onion
Tomato
Zucchini

Fruit

Apples
Grapes
Pears
Plums
Cantaloupe
Watermelon
Mango
Nashi Pears
Oranges
Banana
Blueberries
Blackberries
Strawberries

Labour Day Holiday



Please note the following order processing and trading days for the Labour Day Holiday on the 10th March 2014:

All Melbourne Metropolitan orders scheduled for Monday the 10th March 2014 will automatically be moved to Tuesday the 11th March 2014. Tuesday deliveries remain unchanged.

Deliveries to Cranbourne, Skenes Creek, Donald will be Made on Wednesday. Country deliveries to Wonthaggi, Wallan, Bairnsdale & Kilmore will be made on Thursday.

Any Country or Outer-Metropolitan areas not mentioned please check with us prior to making your order.

Recipe: Tasty, warm cous cous salad

This dish is great on its own for two or as an accompaniment to grilled fish or meat for 4.

Ingredients

1 cup cous cous
1 cup water
2 tablespoons olive oil
2 teaspoons salt (or as suited to taste)
1 small eggplant
2 cloves garlic
2 medium zucchini's
1 capsicum (red or green)
1 tin chickpeas or the rehydrated equiv.
Handful of fresh herbs (mix of parsley, dill, mint)
Juice of 1 lemon
1 tablespoon tahini (adjust tahini to taste)
3-4 sprigs spring onion chopped

Method

Using a small saucepan, bring the water, olive oil and water to the boil. Add the cous cous, stir and turn off the saucepan and cover with lid. Stand for 10 minutes or until the cous cous is fluffy when stirred with a fork, set aside.

Chop the eggplant and zucchini into small cubes and coat lightly in olive oil and salt for seasoning. Bake until lightly golden (between 15-20 mins at 180c).

Chop the garlic and capsicum into small pieces. To combine all the ingredients-heat a wok or pan adding a small dash of olive oil and add garlic-cook till fragrant but not brown. Lower the heat right down and add the cous cous, all vegetables, and drained chickpeas and stir.

Mix the lemon juice, tahini and a pinch of salt together and add to the cous cous. Add herbs, toss through and taste.

Don't be afraid to add some gorgeous spinach or chard to this recipe, just add before the eggplant and zucchini and continue as mentioned.

www.victoriaorganicdelivery.com.au

