

aspects of the move.

If you can't make the meeting, it's almost imperative that you email your contributions or questions to ipswichripplecic@gmail.com or call 01473 684449

There is also a meeting scheduled for 1st October, 7pm at the Co-op Education Centre on Fore St, this one for the final decision on whether we have to increase our prices to stay viable. We'll use the data we've collated on the DIY accounting software during the year and the laptop tills to decide, and the result will itself inform the subsequent decision on changing the pricing structure to a 'helper-' and 'non-helper-' member format; see below.

Proposal for two-tier pricing system between 'helper' members and 'non-helper' members:

For those of you that have been attending co-op meetings regularly, you will know this issue has been discussed for far too long! The rest of you are probably totally perplexed, so here's the lowdown. In Dec 08 we were looking at what it means to be a member of the co-op and how we can motivate members to become helpers.

A proposal has evolved thus: rather than our current price differential between members and non-members, that it be between those who are helpers and those who are not. 'Helpers', under this proposal, take responsibility to ensure the co-op's running in whatever way they can manage - this may be admin work, publicity, helping set up / clear away the co-op, organise an event or skillshare, etc - a set number of times per year. People who cannot commit to 'X' numbers of help sessions will pay the higher markup, currently 20% on top of our wholesale price, whereas helpers stay at the lower rate, currently 5%. This system will provide a benchmark for how much we expect members to put into the co-op. Last year's accounts imply we need to increase income so to have more people paying the higher rate may avoid a blanket price increase. The final decision will be made at the Oct 1st meeting. So; the different options:

1. No change to current pricing structure
2. Co-op helpers will help the co-op for a set amount of time each year and as such pay reduced mark-up than those who don't help
3. Another option! What could it be?

We need to know if there's a better way of addressing this issue, need to refine the proposal - so we need everybody's input and creativity.

Gemma will be at the co-op on 19th Sept getting everybody's votes if you haven't emailed or phoned in your opinion by then.

Place your votes now please!

Community Harvest at Maidenhall Allotments

Long have we waited for fresh produce at the food co-op, but a new avenue is being pursued! First, please see the enclosed Community Garden newsletter for details of pick-your-own-on-Fridays and other events. Second, baste your breath for the appearance of luscious Ipswich-grown vegetables at our next trading session! If you have surplus veg or fruit yourself, please do remember to bring it into a trading session for sale too, any member can have a stall if you donate 10% of your takings to the co-op.

Seaweed in Stock ASAP

Quality Sea Veg in Donegal, Ireland are going to be providing us with wakame, dulse, kelp and more so get ready for super hearty nourishing miso soup, here's the recipe:

- Cut **Mori-Nu Silken tofu** into 1cm cubes
- Slice spring onions and garlic thin
- Slice ginger thinly or grate it
- Select **sea veg**; rip into bite size pieces

Add all ingredients except tofu to boiling water and simmer for 7 minutes, add tofu, a dash **soy sauce/ tamari** and perhaps **Marigold bouillon**. In a bowl, mix about a tablespoon of **Mugi miso** (less or more to taste) with some of the broth into a syrup consistency, then add rest of soup to bowl so miso is diluted evenly. Consume! Ingredients in **bold** are available at the co-op.

Recipe Quilt



Wouldn't it be great if we had a giant wall hanging to decorate the co-op which incorporated members' recipes made out of recycled fabric and woven together into an arabic design, like this. Well, it's coming soon! Jon Halls is going to be at a trading session soon getting people to write down their culinary delights direct onto patches which will be sewn together as a community effort, expanding limitlessly to beautify our space. His email, in case you can't be there in person, is bangonpercussion@yahoo.co.uk, or post to 108 Westerfield Rd.