

# UNICORN NEWS

FREE  
WINTER 2025/26

Unicorn Grocery, 89 Albany Rd  
Chorlton, M21 0BN  
unicorn-grocery.coop

## A FEW CHANGES, INCLUDING... KIDS CORNER IS BACK!

You might have noticed some noise and disruption on the shop floor recently—but it all started in March when we had to vacate a huge section of our warehouse as a first step in a long-awaited renovation programme. We're finally starting to see the fruits of our labour and so are you.

Our new customer loo will be the first thing you notice, flushed by harvested rainwater—our second greywater system after our green wall watering tank. The new toilets also include an automatic door opener to improve accessibility. (You may also be happy to know that the foundations for the new toilet block

are cantilevered so as not to put any stress on the culvert directing Longford Brook through our site!). This addition meant we needed a more compact two-tier bike shed—without decreasing the amount of staff bike parking!—which we topped with a green sedum roof.

The crux of the changes is that the space left by the old loos allows for a larger veg coldstore and other warehouse rearrangements. These changes will make all our heavy lifting faster, smoother, easier and kinder to our bodies, helping keep prices low and workers healthy.

While we were at it, we decided to reinsulate and reroof part of our warehouse. Keeping cooler

in summer and warmer in winter is more energy efficient—and better for the groceries—and a continuation of the shop floor thermal improvements we carried out in 2020. The stronger warehouse roof can support more solar panels, so we are doubling our capacity to 22kW. We've installed a 10kW battery too, so we can store a bit of the energy we create.

A side benefit to all this work is the return of the kids corner! Covid temporarily closed it at a time we thought we'd soon expand into next door (another story)—so we focused existing space on our in-demand unpacked offer. Working with what we have, it's time to bring the kids corner back—for good. We hope it might make life a little easier for parents, while growing a new generation of foodies, grocers, growers and co-operators!

Meanwhile we're happy to increase our unpacked offer by consolidating it into its own

corner (away from the kids!) and introducing more easy-to-use scoop bins... So bear with us through these disruptions on and off the shop floor—it'll all be worth it in the end!



## UNICORN FACES, THEN AND NOW!

After digging out some old newspaper clippings we've recreated classic photos of workers who've been around a while... Turn to page 7 and see if you can spot some familiar faces through the ages!



### SUPERMARKET PRICE COMPARISON

● Organic ● Non-Organic

Checked 05/11/25	Unicorn	Tesco	Asda	Waitrose	Sainsburys	Morrisons
Soya milk (Bulk - 10 x 1l) Plain, organic	£13.39	£23.50	£18.80	£22.00	£21.00	£20.00
Spelt flour (1kg) Doves organic wholemeal	£2.49	£2.80	£2.78	£2.95	£2.80	£2.80
Black beans (400g) Tinned, organic	99p	£1.60	n/a	£1.20	£1.20 (380g)	£1.60
Almond butter (170g) Meridian	£2.79	£3.00	£3.02	£3.40	£3.40	£3.45
Cinnamon (100g) Ground	£1.89	£2.80	£2.50	£7.42	£2.90	£3.40
Cumin (100g) Ground	99p	£1.50	£1.42	£4.50	£1.50	£1.50
Basmati rice (1kg) Organic	£3.45	£6.00	n/a	£3.75	£6.00	n/a
Pumpkin seeds (250g)	£1.99	£4.75	£2.00	£3.08	£3.00	£2.50

# VEG NEWS

A warm, dry and sunny spring meant the 2025 UK growing season got off to a flying start. After last year's cold, rainy deluge that flooded fields and delayed planting, growers were very glad to be back out early, sowing in good (albeit dry) conditions. For those able to irrigate, and helped along by late summer rains, it's been a bumper year, with fantastic yields and quality across staple roots like beetroot, onions, carrots and potatoes, as well as both summer and winter squashes. With storehouses and fields still full to brimming, we anticipate plenty more availability of these crops into the new year.

While there were successes, the lack of rain through spring and summer proved problematic for some. We visited Duncan Gielty of Lyncroft Farm in Ormskirk, whose field crops are usually Unicorn stalwarts at this time of year. Unable to irrigate his furthest fields, he did not hold out much hope of any success with these crops. Thanks to the mild and wet November, he is now managing to harvest a later crop of red cabbage and savoy.

He now plans to focus on his staple field crops, such as carrots, onions and potatoes,



as well as his glasshouse and tunnel crops, including his Lancashire aubergines and cucumbers. When we visited, he was sowing parsley, coriander, spinach and lettuces in these, helping to keep us gratefully supplied with fresh, Lancashire sourced produce to complement our range through the winter months, at a time when we would usually start looking further afield.

The drought also hit the East, particularly Lincolnshire, really hard. Pam and the team at Strawberry Fields had to call an early end to their field-grown celery this year. Being a very thirsty and tricky crop, celery suffered more than most under the dry conditions, but thankfully most of their other crops thrived, with a stunning year particularly on their lettuce, squash and herbs.

Will Edwards and the team at New Farm Organics also faced a challenging season. They've perfected a handful of brassica and root crops grown at large scale, and many of you will have enjoyed their picture-perfect

heads of broccoli and cauliflower. This year however, the stress of the drought and summer heat meant that plantings didn't follow on as they should, creating moments of gluts followed by scarcity. Pests then attacked the already stressed crops, and Will made the very difficult decision to end the season early, resulting in significant losses. Despite these challenges, he is looking forward to a brighter start to the 2026 growing season, and we look forward to welcoming his beautiful brassicas back next year. In the meantime, keep an eye out for his delicious celeriac and acoustic potatoes.

Finally, we celebrated a long-awaited milestone with the first-ever delivery from Kindling Farm this year. There's plenty more about this on the next page, but we just wanted to say a heartfelt thank you to the whole Kindling Farm team for what we consider an incredible first season of trading together. The quality of the crops has been outstanding and you can really see the care going into each one. Look out for their kale, hard cabbages, squash and celeriac still available in the shop. We



continue to be inspired by the scale, ambition and vision of their pioneering agroforestry project, and we can't wait to see what the 2026 growing season has in store!



## SUPERMARKET VEG PRICE COMPARISON

Organic Non-Organic

Checked 05/11/25	Unicorn	Tesco	Asda	Waitrose	Sainsburys	Morrisons
Carrots / kg	£1.29	£1.79	£1.63	£2.15	£1.86	£1.75
Broccoli / kg	£3.89	£4.33	£4.27	£4.72	£4.67	£4.67
Pears / kg	£3.49	£4.54	£2.59	£6.00	£4.55	£4.55
Kale / 100g	59p	93p	48p	£1.08	50p	53p
Leeks / kg	£3.49	£4.75	£4.75	£6.15	£4.75	£2.75
Parsnips / kg	£1.99	£1.48	£1.48	£4.50	£4.00	£1.48
Onions / kg	£1.29	£2.13	£2.00	£2.34	£2.13	£2.10

# FIRST YEAR IN THE FIELD: CELEBRATING KINDLING FARM!

Many of you will have followed The Kindling Trust's journey as they expanded from their existing Stockport market garden to establish a full-scale farm between here and Liverpool in 2023, and you've certainly enjoyed their fantastic veg on our shelves. You may even have been over to lend a hand at one of their volunteer days! They update us on their first growing season at the farm.

"It's our mission to create a fairer and more sustainable food and farming system for all. We're pioneering an agroforestry system, integrating crops and fruit trees to boost biodiversity, improve soil health and capture carbon. The first job was planting trees, and with fantastic volunteer support we've planted over 1,000 apple trees, including 40 heritage varieties. The trees are still young, so you won't see our apples on Unicorn's shelves for a few years yet!

Our first crop was strawberries - over 50 volunteers planted a staggering 4,000 plants, flowering by May and harvested in June. This year, we've mainly supplied our sister organisation, Veg Box People, but you'll see them at Unicorn in the future.

Our first year farming hasn't been without its challenges. The spring drought delayed planting as the ground was too dry, and irrigation installation was also held up, causing many sleepless nights! By midsummer we had a temporary system and were able to put in kale, beetroot, rainbow chard, squash, red and white cabbage, celery and (a never-ending supply of) courgettes. Our seedlings from Delflands Nurseries are organic and peat free too.

A huge part of our progress is thanks to Unicorn, who helped to fund our first polytunnel. As such it was only fitting that Unicorn received its first harvest - tomatoes and spring onions. Happily, we now have a one-million-litre water tank and 1.2km of irrigation piping, meaning we can water any field - vital for resilience in our changing climate.

Our autumn highlight has to be the squash ripening in the field. We have ten varieties with beautiful colours, flavours and names like Orange Summer (Orange Pumpkin), Celebration and Cha Cha (Green Pumpkin). To top the season off, we hosted a special volunteer weekend harvesting thousands of squash, welcoming our Squash Adopters for a farm tour, pumpkin hunt and squash tasting—revealing subtle but surprising flavour differences. Look out for them on Unicorn's shelves over the next few months!"



# NUT BUTTERS

Nut butter adds flavour, creaminess, and a hit of protein and healthy fats to sweet and savoury dishes alike. If you're only spreading them on toast, you're missing out!



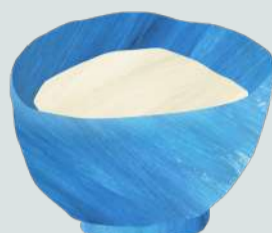
## Roasting kale?

Massage in some smooth almond butter mixed with olive oil, cumin and cayenne pepper first.



## Sweet sauce

Hazelnut butter melted down with chocolate is a hard to beat topping for pancakes, ice cream and more. Or you can just warm up a bit of nut butter on its own and pour over whatever you like.



## A dip for snacks

Mix in some smooth peanut or almond butter with our Sojade greek-style yoghurt and you've got a lovely dip for sliced apples or any fruit. Add a bit of maple syrup if you want it sweeter.



## Noodle sauce

Peanut butter makes an amazing base for a spicy sauce, combining garlic, ginger, chilli, tamari and coconut milk with a dash of sesame oil.



## Soup

Particularly good in celery or leek-based soups, a dollop or two of smooth almond butter will help thicken and adds a creamy nuttiness.



## Icing cakes

Add some nut butter to your usual frosting. Peanut, almond, cashew or hazelnut butter go great with chocolate or coffee cakes, pistachio butter with fruity cakes, and walnut for carrot cake.



## Healthy(er) fudge

Soften ½ cup smooth peanut butter and 3 tbsp coconut oil then mix together with 2 tbsp maple syrup (or any fruit syrup). Add some chocolate chips if you like, then freeze until firm! Store refrigerated.



## Love parsnip?

Try mixing some crunchy peanut butter with olive oil to coat thin strips of parsnip before roasting them.



## Dressing a salad?

For a quick one, mix equal parts smooth almond butter, balsamic vinegar and water for a creamy, sweet and tangy dressing. If you've got a bit more time, add some olive oil, a dash of mustard and some maple syrup too.



## Breakfast protein

Mix a dollop of any nut butter into your porridge or overnight oats. Side note - tahini spread is also amazing in porridge - we'll give this wonderfood its own feature in the next edition!

## THIS JUST IN...

Hodmedod's Organic British-grown Vaal Dhal - £1.69

Pulses are easily the best way to nourish yourself affordably, and when time's tight we love this ready-to-eat dhal from Hodmedod's. Inspired by Gujarati cooking, it's made from British-grown fava beans gently spiced and slow-cooked to perfection. Great on its own, or add veg for a heartier meal. Got more time? Turn to page 10 for Meera Sodha's classic dhal recipe (which, using Unicorn ingredients, works out at just 55p per portion!)

Hodmedod's share our commitment to good food grown in good ways—supporting UK farms using more agroecological methods, cutting food miles and boosting just and resilient food systems for all. That's what the "British" on the tin is all about. But disturbingly, for some time now others have been co-opting the language of local food for divisive, nationalist ends—a trend that's become louder and more visible in recent years.



See pages 8–9 for more on that and some ways it's being countered.

# THINK OUTSIDE THE BOSS:

## EDUCATIONAL OUTREACH AT UNICORN

The comment we receive most frequently from our customers is “we wish there could be more shops like Unicorn.” Our response is always an emphatic “SO DO WE!”

But a second shop, even more so a franchise, is not the right fit for our worker co-operative. Our management structure and autonomy of decision-making cannot be replicated across multiple sites without significant compromise to our democratic governance. Not to mention the fact that we invest all of our available time and energy ensuring Unicorn remains vital to the community we already serve.

While the benefits that an enterprise like Unicorn brings are clear, worker co-operatives are far from the mainstream in the UK, and awareness of non-hierarchical, worker-owned and redistributive businesses is low. Our Education and Marketing team runs an outreach programme to address this knowledge gap. Working with schools, universities and NGOs, our aim is to spread the word about the tangible transformation worker co-operatives can deliver - to how we feed ourselves, and the ways we conceive of business and employment too.



With students from the MSc Entrepreneurship and Innovation at Salford University

### STARTING YOUNG

We've been visiting local primary schools with a syllabus co-written with the Co-operative College. By following 'The Journey of the Bean (from field to tin)', talking about how and why we co-operate, and admiring some giant pumpkins, we communicate to young audiences the delight and importance of the food we eat and the positive impact that working together can have.

Following the example of the charity Taste Ed, we bring fresh vegetables, herbs and fruits for the kids to touch, smell and - if



At Liverpool University Management School talking to MSc in Advanced Marketing students.

they choose - to taste too. This tactile and curious approach is a fun and encouraging way to introduce kids to foods they may not know or have previously refused to try (when not spurred on by the boldness of their peers!) We also bring stickers and seasonal veg colouring-in sheets to hand out at the end, which are always gratefully received.

### CHALLENGING THE MAINSTREAM

We also collaborate with universities; so far this year we have delivered seminars in marketing and business departments at Liverpool, MMU, Manchester and Salford. This is a chance to delve into our core purpose - outlining our commercial model and recipe for success. It's also a platform to discuss our mission within wider conversations about circular and regenerative business design, food sovereignty, and behaviour change models that support customers to make more sustainable lifestyle choices.

For a lot of the students we meet, Unicorn is the first example they have heard of a worker co-operative. We discuss our ownership model; how we source our produce; our focus on affordability; our principles and how we redistribute our profits. By demonstrating how we put the needs of our suppliers, workers and customers above profits, we hope to inspire the next generation of entrepreneurs to think outside the boss.

Sessions are always full of energy, enthusiasm and thoughtful questions. Our model challenges the conventional blueprint for business success by broadening the scope to encompass values, ethical standards, workers' rights and equitable distribution of profits. In truth, this can sometimes be met with confusion, a touch of cynicism, and some disbelief. But we welcome this

reception, it gives us the chance to challenge the Business as Usual paradigm. And for those who are already questioning conventional wisdoms, we're a proven working model for a different future.



We also joined a panel at the Labour Party Conference in late September with the Food, Farming and Countryside Commission titled “Get Real About Growth.” While we uphold a non-partisan position in relation to party politics, we saw this as a good opportunity to discuss how the government could support more businesses like Unicorn. Despite much evidence that worker co-operatives are good for local economies, many aspects of the current tax system do not work in favour of the model. There is also much overlooked potential in public procurement policy to support the agroecological transition required to meet climate change and biodiversity targets. Our contribution to this panel was straightforward and direct: meaningful, structural government support could help incubate many more businesses like Unicorn, enabling others to replicate our success.

Consumer demand for affordable, quality, fresh food from a business with high ethical standards is obvious. Across all of our outreach work, we want to demonstrate that commercially-successful businesses that don't compromise on principles are essential to all of us. Future generations depend on today's enterprises adopting regeneration as their core mission. Not for feel-good marketing fluff, or the bottom line, but because our planet's finite natural resources demand it. Long-time customers may remember the blackboard that used to hang in the shop above the tins of beans which read: “In my future, I have seen a better world”. It is this optimism that drives our outreach work, and the reason we choose to invest our marketing resources towards education and spreading the cooperative message.

If you're a teacher or lecturer and would like us to speak to your students, email [danmonks@unicorn-grocery.co.uk](mailto:danmonks@unicorn-grocery.co.uk).



If you'd like to learn more about starting a wholefood grocery, read our Grow A Grocery Guide available here:

# AN UPDATE FROM OUR PALESTINIAN SUPPLIER ZAYTOUN



We have deeply appreciated Zaytoun's regular updates on the situation for their producer communities in the West Bank, who are finding ways to keep going through unimaginable hardship. Here's a taste of their news from the ground back in early October.

"Autumn in the UK brought two campaigns that are close to our hearts because they show how the food we eat can shape a better world: Organic September and Fairtrade Fortnight.

For farmers in Palestine, these values are lived every day. Organic practices – caring for the soil, protecting biodiversity, and passing on traditional knowledge – have been part of their way of life for generations. And fair trade principles – fair prices, dignified work, and community investment – are vital lifelines in an economy made fragile by occupation.

This year, the security situation, made worse by army incursions, siege and settler attacks, has meant certifiers have been unable to visit. As a result, our olive oil cannot currently carry organic or Fairtrade certification. The good news is that a missing label doesn't mean a missing commitment. The farmers, their wellbeing, the exceptional quality of their produce and our promise to trade with transparency all remain unchanged.

We will continue to support Palestinian producers through every possible channel, and we invite you to stand with them too. Whether through choosing olive oil, Medjoul dates, freekeh, almonds, or za'atar, your purchases sustain livelihoods, protect heritage foods, and keep hope rooted in the soil of Palestine.

Let's remember that behind every product is a farmer, a family, and a future worth supporting – with or without certification marks."

## DISCOVER ZA'ATAR

*A beloved staple of Palestinian kitchens and culture.*

The word za'atar refers both to the herb itself – Majorana syriaca, an indigenous variety native to Palestine – and to the zesty blend made by combining the dried herb with sumac, toasted sesame seeds, a touch of salt, and a dash of olive oil. Though part

*fair prices, dignified work, and community investment – are vital lifelines in an economy made fragile by occupation.*



of the same plant family as thyme, oregano, and marjoram, the herb za'atar has its own distinctive flavour and a cherished place in Palestine's culinary tradition.

Zaytoun's za'atar comes from the Burqin Women's Cooperative. It's cultivated across several villages in the Jenin and Nablus areas, and much is grown on smallholdings and in home gardens tended by women. These small plots require careful watering and attention throughout the year, and the work of growing and harvesting is often interwoven with family and community life.

Traditionally, za'atar was foraged from the wild – a practice so deeply rooted in Palestinian life that the herb is still often called "wild za'atar". But under Israeli occupation, foraging it has been made illegal, with fines and restrictions imposed on those who attempt to pick it in the wild. In response, many communities began cultivating za'atar instead – ensuring the continuity of this beloved herb while quietly resisting the erasure of cultural traditions.

The leaves are hand-harvested twice a year – in March and August – early in the morning when their aromatic oils are at their peak. They're then sun-dried on rooftops and carefully stripped from their stems by hand, preserving their full fragrance and flavour.

## HOW TO USE IT...

Za'atar can bring a quintessential Palestinian flavour to loads of savoury dishes. It adds a bold, earthy lift to roasted vegetables, labneh, bread, and so much more. It's symbolic, steeped in heritage, and a celebration of the women who bring it to life.



To keep up to date on the situation just scan the code.



# UNICORN FACES, THEN & NOW

A longtime member had the wonderful idea of recreating some of our old pictures, so we've been rummaging through the photo box, history murals and old newspaper clippings!

With some co-op members around since the early days, we couldn't resist recreating a few classics. See if you can spot who's who in some of them. A few faces have hardly changed, even if the shop (and some of the hairstyles!) definitely have.



# THE FIELDS WE SHARE

Since day one, Unicorn has championed local and British produce, and we continue to shout loudly about food sovereignty and looking after our farmers. But we find ourselves in a world where, increasingly, very similar language is being used by some to sow division.

Particularly visible over the last couple of years, the legitimate frustrations of farmers and an understandable desire to secure our food supply are being hijacked to promote climate change denial, xenophobia, and a tide of divisive misinformation. Once again, peoples' values are being manipulated, often in the name of profit and power.

Campaigns like 'No Farmers, No Food' have tapped into the frustrations and isolation felt by many farmers to whip up support for climate change denial, and to weaponise food 'sovereignty' as a rationale for xenophobia. Media figures like Jeremy Clarkson jumped on the farm inheritance tax debate to employ divisive, inflammatory language, claiming the government is 'ethnically cleansing' the countryside by trying to 'wipe out' British farmers. Even nature lovers and foodies can get swept up - Seeding Reparations reported that a new community group in the town of Stroud that organised farm visits and volunteering turned out on closer inspection to be a mouthpiece for climate change denial, antisemitism, transphobia and anti-migrant views.

Of course, in contrast, there are countless others who are working to counter division, promote truth, and seek genuine justice in food, farming and access to land. Here are a few very diverse projects and organisations Unicorn has met or collaborated with in some way in recent months:

*As Seeding Reparations put it so well,*

*"the rise of a far-right brand of nationalism in the UK, Europe and further afield will not have escaped you.*

*What may feel more surprising is that the countryside, farming and food production have become significant domains in which progressive and exclusionary ideas about belonging and justice are being contested"*



## DESMOG REPORTING

DeSmog is an international research and journalism organisation founded originally to counter corporate misinformation and denial around the climate crisis. It has since expanded into other areas where misinformation risks eroding public understanding and political action, including food and agribusiness. One of their current priorities is to build on their work to expose the far right and conspiracy groups that are seeking to co-opt farmers' discontent for their own ends.

Earlier this year, DeSmog helped to expose the vested interests behind a "mud-slinging" PR campaign to discredit a landmark 2019 environment study. The Eat-Lancet study had recommended, amongst other things, a plant-based diet, and came under an intense backlash online - one of the earliest examples of a culture war around diet that has now become all too familiar. Helping to fuel this backlash, it turns out, was a huge PR firm that represented the Animal Agriculture Alliance, a meat and dairy industry coalition set up to protect the sector against "emerging threats". Scan the code above for more of DeSmog's work or go to [desmog.com/uk](https://desmog.com/uk)





## LAND IN OUR NAMES (LION)

“We are organising toward collective ownership and land stewardship by Black and People of Colour, to heal the colonial-rooted trauma that has separated us and continues to extract from the land. We are taking back stewardship of the land, as the basis for revolution and sovereignty in our communities. Land has always been a focal point for organising in our homelands and across the diaspora, and we are part of building a movement that continues in this tradition.

In practice, we are working towards this vision to establish a land project for and by Black and People of Colour – a land project where we can grow food for our communities, share skills, rest together, and deepen our connections with land. We believe that our liberation is intertwined with the liberation of the land, and seek to foster a relationship with the land beyond the dynamics of extraction. We are mobilising a network of BPOC land stewards, striving for land access and affirming our right to grow and live in right relationship with the earth.” Scan the code above for more or go to [landinournames.community](https://landinournames.community)



## LANDWORKERS ALLIANCE HATE OUT OF FARMING CAMPAIGN (HOOF)

“We are an organisation that actively campaigns for the most marginalised in our sector and society: the LGBTQIA+ communities, Black people and People of Colour and migrant workers. We have seen attempts by various groups to exploit the legitimate grievances of farmers in order to sow the seeds of hate and division. The time has come to organise anti-fascist resistance within our sector.

Though we acknowledge that farming is under threat from the far-right, we also know that their story is one of hate, of exclusion and of barren homogeneity. As landworkers, we understand where monoculture gets us, and we know the importance of diversity; in our seeds, in our crops, in the fields and on the farmlands and including those who work them. ‘HOOF’ exists to sever the pipeline laid out by the far-right and to intercept it with our own, much richer story.” Scan the code above or go to [landworkersalliance.org.uk](https://landworkersalliance.org.uk)



## MIKNAF HA'ARETZ

“We are Jewish land-lovers, land-tenders and food growers, dedicated to building earth-based, radical-diasporist Jewish community in the UK through retreats, courses, youth camps (and more!). Connecting to land is part and parcel of our tradition and enables us to connect our community to ancestral practices through ritual, prayer, food growing, justice-work, feasting and festival celebration, all of which are rooted in the land and the cycles of the seasons.

Miknaf Ha'aretz was founded in 2020 to create a space for radically reimagining Jewish belonging to land beyond zionism, to build community and a movement rooted in principles of earth-based radical-diasporism. We seek to re-connect the Jewish community back to land and to tend the traumas that have resulted from multiple displacements, genocide and centuries of discriminatory laws preventing Jewish people from accessing land.

We believe connection with and time on land is essential for Jewish healing, joy and liberation. And we believe land is fundamental to collective liberation - everyone needs connection to land in order to heal from the multiple oppressions and displacements that have resulted in unjust systems of land access. We are building solidarity across communities impacted by these systems and radically re-imagining land justice in the UK.” Scan the code or go to [miknafhaaretz.co.uk](https://miknafhaaretz.co.uk)



# FEED 4 FOR A FIVER (OR LESS!)

We know it can be difficult to think of quick, cheap and nutritious meal ideas to feed a family or group of friends on a midweek winter evening. We asked Unicorn members for their favourite thrifty recipes, and have priced them up using ingredients you can buy in the shop.

Please note, the cost does not include store cupboard items such as spices and seasonings.



## MEERA SODHA'S DAILY DAL

**225g red lentils**  
**2 tbsp rapeseed oil**  
**optional: 12 peppercorns**  
**optional: 4 cloves**  
**1 white onion, thinly sliced**  
**4 cloves of garlic, crushed**  
**6cm piece of ginger, peeled and finely grated**  
**½ teaspoon chilli powder**  
**½ teaspoon ground coriander**  
**½ teaspoon ground turmeric**  
**1 tsp salt**  
**300g tinned plum tomatoes**  
**To serve: 300g cooked brown basmati rice**



In a sieve, rinse the lentils until the water runs clear, then drain and put into a deep, lidded saucepan. Add 600ml of cold water, bring to the boil over a medium to high heat, then cover with the lid and simmer gently for 10 to 15 minutes without stirring, until thoroughly cooked.

Meanwhile, put the oil into another deep, lidded saucepan on a medium heat. When it's hot, add the peppercorns and cloves, if you're using them. Stir-fry for around a minute, or until you can smell them, then add the onion. Cook for 8 to 10 minutes, until they are golden. Don't be tempted to skimp on time when you cook onions (or garlic, or ginger), as this is where all the flavour is.

When the onions are done, add the garlic and ginger and stir-fry for a further 4 minutes before adding the chilli powder, coriander, turmeric and salt. Stir well, then add the tinned tomatoes. If they're whole, pour them out with one hand and crush them with your other hand to break them up before they hit the pan. Cover, turn the heat down and simmer for around 8 minutes.

The tomatoes should be looking darker and more paste-like now, with little tomato juice running from them. Add the lentils using a straining spoon, then pour in any remaining water they were boiling in, a little at a time, until you get a good consistency. A good consistency for me is a fairly thick dal, thick enough to be eaten from a plate with bread, but you may prefer yours to be more soupy.

Finally, cover the pan with the lid again and cook on a low heat for a further 10 minutes. Taste and make any adjustments to the salt, chilli or consistency as you see fit, and serve with chapattis or rice and some chutney. Remember to watch out for the cloves and peppercorns.

*"This is one of my most treasured recipes: I crave it frequently and never tire of it. It's a foolproof dish, robust and endlessly adaptable, and it yields a result far greater than the effort required to make it."*

Reprinted from Made in India by Meera Sodha, 2014

## CAULIFLOWER PILAF

**200g bulgar wheat**  
**400ml hot vegetable stock**  
**1 red onion, roughly sliced**  
**2½ cm fresh ginger, grated**  
**1 cauliflower, cut into small florets**  
**leaves from the cauliflower, roughly chopped**  
**100g chick peas**  
**1 tbsp olive oil**  
**2 heaped tbsp za'atar**  
**2 cloves of garlic, crushed**  
**1 lemon, zest and juice**  
**Small handful fresh parsley**



Preheat the oven to 200°C fan/220°C. In a roasting tin, mix the bulgur wheat, stock, onion, ginger, drained chickpeas and cauliflower leaves. Make sure the bulgur is covered with the liquid. Rub the cauliflower florets with the oil, za'atar and crushed garlic, then scatter them over the bulgur wheat.

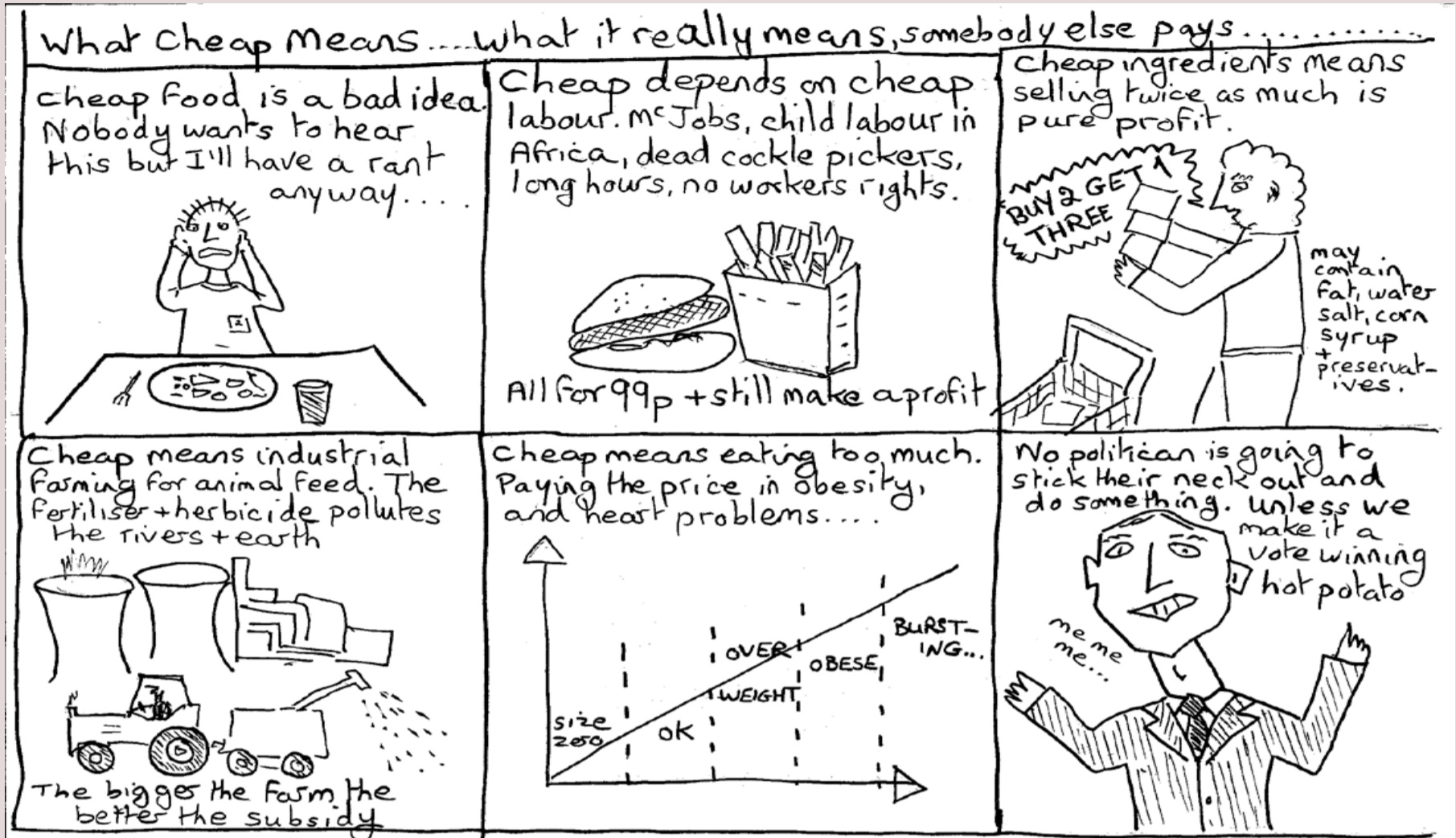
Transfer the tin to the oven and bake for 20–25 minutes, until the cauliflower is charred and just cooked through. Remove from the oven and stir through the lemon juice and parsley.



**....TURN TO BACK PAGE FOR THE FINAL RECIPE!**

# GOODBYE LORENZO

Lawrence Beedle was a worker-owner at Unicorn for many years, who has recently died. He was so loved by many, and his intelligence and humour brought a lot of joy to all of us. We're taking the opportunity to re-print one of his many brilliant cartoons. We'll never forget you Lawrence.



## SPOT THE SAVOY



Some of you might remember spot the ball, we bring you spot the savoy.

Where was the moving savoy in this picture before we magically removed it!? Guess its location and you could win a £40 Unicorn gift card (5 winners will be drawn early March). Put a cross in the box where you think it was thrown, hooped or dropped when the photo was snapped, and drop your slip in the blue post box in the till area by 28th February. Good luck!

NAME .....

CONTACT NUMBER .....

OR EMAIL .....



# MAKING SPACE FOR WHAT MATTERS THIS WINTER



Refugees at Home is the UK's largest independent hosting charity which connects those with a spare room in their home to refugees and people seeking asylum who are in need of somewhere to stay.

To date, they have helped place more than 7,000 people with hosts across the UK. They want to support a society where everyone looking to rebuild their lives can do so in safety and without the risk of homelessness.

Refugees and people seeking asylum are disproportionately affected by homelessness – often facing huge barriers when finding work and accommodation. Hosting is a simple and rewarding way for the people of Manchester to offer practical support to those in need. You can host for anything from a few nights to several months. As the weather gets colder, hosting is needed now more than ever. We urge anyone with a spare room to get in touch to find out more about hosting. **Scan the code, visit [refugeesathome.org](https://refugeesathome.org) or email [info@refugeesathome.org](mailto:info@refugeesathome.org) with any questions.**

**When Kathryn's sons moved out, she decided the best way to make use of the empty rooms was to host with Refugees at Home. The retired GP from Manchester was inspired by one of the charity's most well-known hosts – Gary Lineker – and to date has opened her home to more than a dozen guests.**

If you're fortunate enough to have resources, whether that's time, money or space, there's lots of things you can do. You do what you feel you have the energy and interest for, and this is one pocket of need that I feel has fallen to me to fill. I actually heard about Refugees at Home because Gary Lineker mentioned something about hosting through you and the name just sort of stuck!

We've had some wonderful experiences, going to people's weddings, meeting people's wives and there have been some lovely moments in the journey of sharing positive things.

All our guests have been very different people, sometimes street homeless because they've recently received asylum and haven't been able to find accommodation, sometimes they're young professionals who are moving cities for a new job and don't have anywhere to live.

I've also learned more about food and different cultures. It's been about getting to know them as people rather than them being refugees or their reasons for leaving.

The support I've received from Refugees at Home is great; there's always someone I can speak to and knowing that someone will check in with us has been a comfort too.



## GREENS N BEANS

Adapted from Rhian Melvin (@rhi.scran)

### For the beans:

300–330g dried butter beans (or sub 4 tins for a super quick meal)

8 garlic cloves, minced

1 leek, finely sliced

160g kale or cavolo nero (or any other seasonal green)

800ml vegetable stock

2 tsp mixed Italian herbs

2 tsp cumin

2 tbsp nutritional yeast

Juice of 2 lemons

### For the breadcrumb topping:

2 garlic cloves, minced

6 tbsp breadcrumbs

2 tbsp toasted sunflower seeds  
(or any other seeds!)



£4.84  
4 PORTIONS



**To prep the dried butter beans (skip if using tinned):** Soak the dried beans overnight in plenty of cold water. Drain, rinse and simmer in fresh water for 60-90 minutes until tender but holding their shape. Drain and set aside.

**Then:** Dry fry the sunflower seeds in a hot pan until lightly toasted and set aside.

Fry the 2 cloves garlic in a little olive oil for 30 seconds. Add the breadcrumbs and toast until golden. Season and mix back in the sunflower seeds, then set aside.

Fry the 8 cloves garlic in a little oil for 30 seconds. Add the leek and cook until softened.

Add the cumin and mixed herbs, cook until fragrant, then squeeze in the lemon and add the cooked (or tinned if using) butter beans.

Pour in the vegetable stock. Bring to a simmer for about 5 minutes so the beans take on the flavours, then stir in the kale or cavolo.

Cook for a minute until wilted. Turn off the heat, stir in the nutritional yeast and season to taste.

Serve topped with the seeded garlic breadcrumbs and plenty of bread to mop it up.