



August 2008

welcome

With the weather offering a selection of wild winter storms interspersed with softer spring previews we are moving steadily along towards another summer. The action-packed program for the upcoming Arts Festival has been released and the new regional Arts Guide is also well on in production. Things are looking up.

As the days warm a little and the sun comes further around to the west our terrace area is becoming a pleasant option for afternoon dining or a coffee. The pavement seating out front is also starting to warm as the sun climbs round the big square building across the road. So come and enjoy an outdoor lunch with us one day soon.

something about coffee

In addition to our favourite Veloce blend, Atomic now supply a Fair Trade Mexican water-process Decaf from the ISMAM co-operative in Chiapas. ISMAM, or Cooperativa Indigenas de la Sierra Madre de Motozintla has been in existence since 1985, when farmers from 100 rural Mayan communities came together to protect their collective interests. The coffee they produce is now 100% certified organic and members have access to technical and financial assistance, better processing equipment and more direct market access.

what's hot

This month's best seller has been the **Cullen Skink**, a Scottish fish soup. We use our own in-house smoked fish for this and the resulting delicious soup is wheat and gluten free.

up-coming exhibitions

Reg Turner	27 Jul - 16 Aug
Colleen Elvines	17 Aug - 6 Sept
Jason McCormick	7 - 27 Sept
David Beuke	7 - 27 Sept

morrison's recipes

Here's a lovely warming meal for those cold evenings. It serves eight people and is wheat, gluten and dairy free.

roasted winter vegetable soup

*1/4 medium pumpkin - peeled, deseeded
2 medium kumara - peeled
2 large carrots, peeled
2 medium parsnips, peeled*

Cut all the above into 5cm chunks

*2 medium red onions - peeled, diced roughly
5 cloves garlic - chopped*

Roast all the veges in a greased roasting pan at 200C till just cooked (approx 30 mins)

Put the roasted veges in a pot with the following:

*2 1/2 litres water or vegetable stock
2 tbsp sweet chilli sauce
1/4 cup white wine*

Simmer till veges are soft, approx 20 mins.

Place into a blender and blend until there are no lumps.

Season to taste. Serve with a dollop of yoghurt (not dairy free) or coconut cream

coffee card draw

Congratulations to:

Rich Lander

Louise Anderson

Bring this newsletter in to the cafe during the next month to receive a bag of Atomic coffee, ground to your needs

Give us your feedback - mail us back!

We love to hear your feedback on what we do here at the cafe

many thanks
the team @ Morrison Street