



Newsletter October 09

What's in October's Issue?

Cooking Class
Wine Club
Ground Breaking News
What's new in-store?
What is Quinoa?
Recipe of the month

Wine Club

Peter Gough of Ngatarawa

Tuesday October 27 at 6.30pm

For October's tasting we are very lucky to have Ngatarawa's senior winemaker Peter Gough in town. 8 - 9 wines being tasted.

Don't forget the tasty treats prepared here at Ground to accompany the wine selection

Casuals \$15

Years membership \$60

Cooking Class

November's Cooking Class Thursday 19th from 7 pm

Greek Cuisine Old & New

Celebrate the fresh, healthy cuisine of Greece, you will learn how to create Mezze and Antipasto dishes. Including vegetarian and meat filled dishes, Tzatziki, baba ganoush, a traditional Greek salad, stuffed vegetables, lamb with tomatoes and a traditional Greek dessert.

\$50.00 per person

Bookings are Essential and payment must be made at time of booking to secure your space.

Ground Breaking News

The Dining Room has a new lease of life. We now have more space out the back with our new Dining Room offering a relaxing retreat with a courtyard and fountain. This room was originally used as the dining room for the old Albion Hotel (est. 1856) and was even used as the tea-room when the building housed the Council offices. Our own offices have been moved down the hall to make way for developments. We are also able to offer this fantastic space as a private function room for meetings, reunions, birthdays or any other private gatherings. An added bonus is the **full catering service** that we offer.

Will is back from his 2 month European trip. Having explored every corner of the continent he is now back brimming with ideas and a heavy suitcase of designer clothes. He survived a small camping misadventure which saw a few pairs of designer underpants vanish without a trace into the hands of some local thieves with expensive taste!

GROUND LTD
4A LONDON STREET, LYTTELTON NEW ZEALAND
P: +64 3 328 7275
F: +64 3 328 7282
WWW.GROUND.CO.NZ





What's new in-store?

Artisan pasta – it's not new but its back for the spring, summer season. This fresh pasta is undoubtedly the best in New Zealand, it cooks beautifully and retains its full flavour. We are offering different flavours every month. This month's picks are Chilli Spaghetti, Tomato Linguini, Spinach Tagline and Fettuccine.

Italian Coppa – this is a dry cured ham and similar to a fully flavoured prosciutto. It is thinly sliced and used in an antipasto.

The **Select a Peel peeler** is the cleverest peeler we have ever seen. New to our kitchenware department this little gem has a setting for regular, soft skin and julienne.

Trade-Aid fair trade products. Trade Aid products aim to build just and sustainable communities through fair trade. We now stock an exciting new range of their products. Cane sugar from Paraguay, this is good quality at a great price. Baking cocoa from the Dominican Republic, drinking chocolate, black tea from Sri Lanka, jute string bags from Bangladesh, and milk chocolate bars from Belgian.

Pinot Noir wines - we have 3 new pinots from 3 different regions, all with 3 different flavours.

- Mt Beautiful Pinot 2007 from North Canterbury in a little micro climate near the Cheviot Hills.
- Two Rivers Pinot 2008 produced along the banks of Marlborough's Awatere and Wairau rivers.
- Georgetown Pinot 2007 from Central Otago. A boutique family vineyard located on the site of the old mining town of the same name.

What is Quinoa?

Pronounced 'keen-wa', this is a tasty wee grain that hails from the Andes Mountains of South America. Quinoa's origins are truly ancient. It was one of the three staple foods, along with corn and potatoes, of the Inca civilization. Quinoa is known as the mother grain, and can be red or white. It is a complete protein with a high source of nutrients and is very quick and simple to prepare. Serve as you would rice, it looks and tastes great in a summer salad, as a rice pudding, hash browns, or even a risotto.

At Ground we stock Ceres Organics quinoa.

GROUND LTD
44A LONDON STREET, LYTTELTON NEW ZEALAND
P: +64 3 328 7275
F: +64 3 328 7282
WWW.GROUND.CO.NZ





Recipe of the Month

Make the most of new season's asparagus with this very delicious, very healthy, gluten free salad alternative using quinoa.

Quinoa and Asparagus Summer Salad

1 cup of Quinoa
2 cups of cold water
2 bunches of asparagus (blanched)
1 red capsicum (sliced)
1 red onion (sliced)
1 bunch parsley (chopped)
juice of 2 lemons
1/3 cup of olive oil
1 T seed mustard
salt & pepper

Place one cup of quinoa in a pot with two cups of water, cover and bring to the boil. Reduce heat to simmer until all water is absorbed (about 15 minutes). Leave to cool. Blanch and chop up asparagus. Slice up capsicum, red onion and parsley. Add to quinoa. Mix lemon juice, olive oil, seed mustard and add to quinoa. Salt and pepper to taste.

GROUND LTD
44A LONDON STREET, LYTTTELTON NEW ZEALAND
P: +64 3 328 7275
F: +64 3 328 7282
WWW.GROUND.CO.NZ

