

# FAIRTRADE HORSHAM NEWS

Issue 9 Spring 2011



## FAIRTRADE FORTNIGHT FEBRUARY 28TH-MARCH 13TH “COTTON ON TO FAIRTRADE”

*“I did not get any education but I want my children to. Because of the Fairtrade price I can send them to school.”*

*Laljibhai Narranbhai,  
Fairtrade cotton  
farmer*

*Buying Fairtrade is not enough. We need changes to the rules governing international trade.*

*Subsidies paid to farmers in Europe and the USA distort the market and make it harder for farmers in poor countries to sell their produce.*

*Find out more and join the campaign at [www.tjm.org.uk](http://www.tjm.org.uk) (Trade Justice Movement)*

This year the focus of Fairtrade Fortnight is cotton. We all rely on cotton—from throwing back our cotton bedclothes in the morning to drying off with a cotton towel after a bedtime bath. And of course, most of the clothes we wear are cotton.

If we rely on cotton all day and every day, an estimated 100 million rural households in 70 countries around the world rely on cotton production for their livelihoods. They are up against it as world cotton prices are unstable, pushed down by cheap cotton from subsidised farmers in China, Europe and the US.

Fairtrade cotton is produced by farmers who are paid a guaranteed minimum price for their cotton crop. They also benefit from environmental protection for their land and a fairtrade premium to fund community projects, such as a school, or a well to provide clean drinking water.

Fairtrade cotton products are available from many High Street retailers including Marks and Spencer, Debenhams, John Lewis, Laura Ashley, Top Shop and Monsoon. There are also a number of online retailers including People Tree and Bishopston Trading.

**Visit the Fairtrade stall in Swan Walk on Saturday March 5th to find out more or go to [www.fairtrade.org.uk/cotton](http://www.fairtrade.org.uk/cotton)**

### ANOTHER MEMORABLE FAIRTRADE CHRISTMAS MARKET

For the fifth year Horsham hosted a very successful Fairtrade Christmas Market. 20 stalls selling Fairtrade Christmas gifts, clothes, accessories and festive foods filled the Hall at St John's Catholic Church. Shoppers could relax after their Christmas shop with a home-made mince pie or cake from the Yuletide café... plus that essential cup of hot tea or coffee— all Fairtrade of course!

**Horsham's Fairtrade Christmas Market 2011 will take place on Saturday December 10th**



Contact Fairtrade Horsham:

Website: [www.fairtradehorsham.org.uk](http://www.fairtradehorsham.org.uk)

E-mail: [info@fairtradehorsham.org.uk](mailto:info@fairtradehorsham.org.uk)

## RECIPE CORNER

### FAIRTRADE IRISH TEA BREAD

*The Fairtrade Foundation welcomes the news that **Green & Black's** range of chocolate bars and beverages will be fully Fairtrade by the end of this year*

*Fairtrade melons now available!! On the shelves now at Asda and Morrisons*

*Look out for **Geo Organic** Fairtrade baked beans, produced by a group of farmers in Inner Mongolia.*

*Coming soon to Waitrose stores*

#### Ingredients:

- 200ml strong Fairtrade tea
- 450g (1lb) mixed Fairtrade dried fruit (a combination of chopped apricots, chopped prunes and raisins)
- 175g (6oz) Fairtrade Demerara sugar
- 1 egg lightly beaten
- 25g (1oz) butter, melted
- 250g (9oz) self-raising flour
- 2 tsp Fairtrade mixed spice

#### Method

1. Pre-heat the oven to 180°C, Gas Mark 4
2. Place the tea, mixed fruit and sugar in a bowl; cover and leave overnight
3. Stir in the egg and melted butter.
4. Sieve the flour and spice together and fold in
5. Line the bottom of a large loaf tin with baking parchment. Pour the mixture in and smooth the top
6. Bake on the middle shelf for 90 minutes
7. Remove from the oven and leave in tin for 2-3 minutes. Then turn out and cool on a wire rack

Will keep in an airtight tin for about a week – if you can keep it for that long!

## FAIRTRADE FOCUS: SOUTHWATER

**Southwater Village has been a hub of Fairtrade** for many years but especially since the establishment of the Village Centre in 2006. The Co-Operative supermarket and Londis food stores offer a wide selection of Fairtrade goods, from coffee to orange juice. The library, parish council, Southwater Youth Project and Young at Heart all support Fairtrade. Two major employers, the RSPCA and Marine Information Ltd., offer Fairtrade items in their staff restaurants. And local company Phoenix Health and Body Centre sell a range of Fairtrade products in their Organic Store.

The social centre of Southwater, "Number Nineteen, the Southwater Coffee Shop", offers a selection of Fairtrade teas and coffees, and Fairtrade sugar, to its customers. Café proprietor, Angela Lewendon says: **"All my suppliers know that I choose Fairtrade products when they are available."**

Southwater's churches, Anglican and Methodist, have both gained Fairtrade status and the Infants school is working towards this goal, while Castlewood School has shown lots of interest in Fairtrade issues. So if you want to see Fairtrade in action – Southwater is certainly a great place to visit!