



Newsletter – August 2018

The **Okines Food Co-Op** welcomes you to our newsletter!
What's happening this month:

1. New in our shop: Bamboo toothbrushes, Golden Mylk spice mix, spelt grains, TVP
2. On special: Brown puffed rice, mixed citrus peel, black sesame seeds, poppy seeds
3. Helpers wanted for various tasks and upcoming events
4. Re Southern Wild Ferments orders
5. Missing: Co-op library book
6. Winter warming ideas: Info on health benefits of spices and spicy recipes

1. New in our shop:

- **Bamboo toothbrushes** : An alternative to plastic! The toothbrushes are different sizes for adults and children with a handle made **from environmentally sustainable and biodegradable bamboo**.
- **Golden Mylk Spice Mix** (Ayurvedic drink with turmeric)
- **Spelt Grains**
- **TVP**: TVP is a dried product and comes in various sizes of granules mainly used to give a meat texture to dishes. TVP absorbs any flavours you put with it, so incorporating flavour by marinating it will result in a tastier dish. To rehydrate add 1 cup of TVP to 7/8 of a cup of vegetable broth or add your desired marinating mix into the broth for a fuller flavour.
- **Southern Wild Ferments**, selected products available in our fridge (or to order, see point 4.)

2. On Special:

Brown puffed rice

Mixed citrus peel

Black sesame seeds

Poppy seeds

(all are being cleared at cost price)

Documents and Downloads:

Find our current pricelist, order forms and up to date stock info [here](#) on our website.

Location and Opening Hours:

540 Old Forcett Road, Dodges Ferry (in the community garden)

Open Tuesdays 2pm-5pm and Sundays 9.30am-12noon (10.00am-12noon July-September)

We also open on garden tucker days every first Monday of the month from 12.00noon-2pm.

Contact:

Jill Vaughan (co-op coordinator)

Ph: 0439 411 440

Deva O'Wheel (assistant coordinator)

Ph: 0402 228 321

Nat Siggins (House Manager)

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3. If you can help out with any of the following tasks, please let us know!

- Make and/or serve morning tea from co-op ingredients for **Com Garden Open day** (part of Blooming Tas festival) **September 17th and 24th** mid-late morning.
- Make and /or sell Nibblies at **DF Primary School Story Telling night** Wednesday **September 19th**
- Help to make up the **Christmas Pudding packs** in term 4 (**late September to Mid-October**) Do you have a **favourite recipe**, traditional or Gluten Free??? Send it to us!

All of the above tasks can be counted as part of your usual volunteering, or if you are non-active and happy to help as a one-off, it would count for one month's **active discount**.

4. Southern Wild have opened their **ordering for the month of August**.

They are offering tasty ferments from organic Tassie grown ingredients.

- **How to order:** To buy their fermented foods please fill out the following **order form:** <https://goo.gl/forms/sgCz5nhNdBcufPhE3>
There's a 30% discount on Apple & Juniper Sauerkraut!
- **When to order:** This month's order deadline is **midnight Friday August 10th**.
- **How to Pay:** You can pay for your order when you pick it up at the Co-op.
- **Delivery Schedule:** They will now deliver on the **second Tuesday of the month**. This month it's Tuesday **August 14th**
- For more info about Southern Wild **check them out online:**
<https://southernwild.com.au/>
https://www.instagram.com/_southernwild/
<https://www.facebook.com/southern.wild.food/>

5. Missing from our library: Wholefood from the Ground Up, by Judy Blereau

If you find this book at your home, **please return** it to the Co-op.

Feedback:

We would love to hear from you about any **comments and wishes!**

If you have any **product preferences**, you know about **possible suppliers**, have enquiries about **events**,

your **membership** or just want to make **general comments** on the shop,

Please feel free to talk to Jill, our cashiers, or send an email to:
okines.food.coop@gmail.com



6. WINTER WARMING IDEAS...



SPICES

Most of us have spices in our kitchen cupboards somewhere and they often get added to recipes and culinary creations. Interestingly, there are many **health benefits of spices**, not to mention they **improve the taste** of so many foods. We have a great selection of **fresh spices in the Food Co-op** and have been taking much delight in **creating mixes** for you.... such as **Garam Masala, Golden Mylk Spice Mix** and our own **Chai Spice Mix**.

- **Garam Masala**

Our Okines Garam Masala blend includes coriander, cumin, cardamom, black pepper, cloves, cinnamon and nutmeg. The seeds and spices are toasted, ground and then mixed together. Garam masala is beautifully aromatic and delicious.

- **Golden Milk/Mylk**

This ancient Ayurvedic drink is one of the best ways to incorporate turmeric into your daily diet. Golden Mylk is a delicious, restorative and warming drink. It's also great in porridge.

- **Ginger Tea**

Ginger with its anti-inflammatory and antioxidant properties makes a great tea and is easy to make. Measure 1/4 teaspoon of ground ginger into a cup and add boiling. Ginger tea is great for your digestion after a meal.

And something you can try yourself at home:

MULLED WINE

3 cups red wine

150g sugar

1 orange (with skin) sliced

1 lemon or lime (with skin) sliced

6 allspice berries

1 cassia stick

1 teaspoon sliced ginger

1 cinnamon stick

4 cloves

Place the wine, sugar and fruit in a saucepan.

Combine the whole spices on a chopping board & bruise with a rolling pin. Add the spices to the wine and heat (medium heat) until almost simmering. Reduce heat so it doesn't boil and keep at this heat for 20 minutes for the flavours to infuse. Strain before serving.

Makes about 750ml.



We thank you all for supporting the Okines Food Co-op and hope you are enjoying the cold season!

