

December 20

We acknowledge that the Okines Co-op is run on Paredarerme land. We pay respect to the Traditional Custodians and their connection to land, water and community. Sovereignty has never been ceded.

Okines Food Co-op at Dodges Ferry is a not-for-profit group giving members access to bulk, largely organic, wholefoods.

Located at 540 Old Forcett Road, Dodges Ferry in the Community Garden

Open Tuesday 2:00 - 5:00 & Sunday 9:30 - 12:30

Closed for the xmas new year break. Our last trading day is Tuesday December 22nd. Our first day open for 2021 is Sunday 10th January.

Contact Jill 0439 411 440
okines.food.coop@gmail.com

Order okines.orders@gmail.com

<http://okinescommunityhouse.com.au/wpms/foodcoop/>

<https://www.facebook.com/okinesfoodcoop/>

FOOD

CO-OP

December 20

New Christmas Items

- Cake kits \$18.50
- Christmas puddings \$17.00
- Glace cherries
- Ginger
- Citrus peel
- Muscatel raisins (stocking soon)



Shopping

Please make sure you shop well ahead of the festive break. Otherwise, please order larger amounts of goods as stock intake is minimised during December. For special items we don't normally stock, send an email request ASAP and we will endeavour to source it. If you want to send a larger order for repackaging, please allow an extra week as we may need to order stock in for you.

Remember that we charge 5c for use of new paper bags now.

When paying, if opting to have an invoice sent for post-shopping payment, please ensure you deposit money within 5 days to avoid a \$5 admin fee.

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Christmas is a time of tradition for many of us. Food can hold so much of this memory. Do you have family recipes that you make during the festive season? If so, we'd love to share them on our Facebook page for all to enjoy. Please send recipes or photos to us via return email.

Spiced Nuts

Serve as part of a christmas feast or wrap in fabric bundles as gifts

Ingredients

- 2/3 cup pecans (75 g), raw and unsalted
- 2/3 cup walnuts (75 g), raw and unsalted
- 2/3 cup cashews (95 g), raw and unsalted
- 2 tbsp maple syrup
- 1 tbsp oil of your choice, eg. coconut (optional)
- 1/2 tsp ground cumin
- 1/2 tsp salt
- 1/8 tsp ground black pepper
- 1/8 tsp cayenne pepper flakes
- 1 tsp dried rosemary

Instructions

1. Preheat oven to 180°C
2. Mix all the ingredients in a large mixing bowl (except the dried rosemary) until well combined.
3. Place the spiced nuts onto a baking sheet and bake for 20-25 minutes or until golden brown.
4. Remove from the oven, add the dried rosemary and stir until well mixed.
5. Serve warm immediately or keep in an airtight container at room temperature for 2-3 weeks.

December 20

Summer is here. The sun is shining, the swell has dropped.

The whales have left our shores for the season, but the human population at Park Beach is surging.

Gardens have woken from their winter slumber, and so have the weeds. If you were lucky enough to purchase some of Jill's tomato seedlings at the co-op, hopefully they are thriving, too.

We look forward to enjoying these longer nights at the final Soirée on the 12th of December at Okines.

Thank you to all members who have given so much support to our local Food Co-op. You have kept us moving through this turbulent year.

We wish you a safe and joyful holiday period.

See you in 2021.

To keep you entertained,

Podcast Gardens, Weeds & Words

Book Salt, Bruce Pascoe

Song I'm So Happy Now, Willie Wright