



# FOOD COOP



## December Newsletter

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

### Location

**540 Old Forcett Road, Dodges Ferry, in the Community Garden**

### Opening hours

**Tuesday 1.00pm - 6.00pm    Sunday 9.30am - 12.30pm**

**First Monday of each month: 11.00am - 1.30 pm (Garden Tucker)**

Please arrive in time to finish shopping before we close.

### Contacts

email: [okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)

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

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



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

## Christmas break closure of the Co-op

The Okines Food Co-op will have its **last day of trading on 21 December**.  
**We re-open on 11 January 2022**. Stock up on your goods before the break!

## Our product list

You can access our **full product and price list** via the link below:  
<http://okinescommunityhouse.com.au/wpms/foodcoop/products/>

## Christmas treats in December

As a little fundraiser for our co-op, we are selling Christmas treats:  
Panforte (oh yum!!!) and biscuits (more yum!!!).  
Buy your Christmas treats from us and support our Co-op!



## Volunteers: Thank you!

A huge thank you to all volunteers who have supported our Co-op throughout 2021! There are so many things happening behind the scenes that keep our Co-op going:

- cashiering and assisting customers in the shop
- bottling goods and sterilising jars
- cutting butter and cheese
- cleaning the shop
- helping with stock-take and re-ordering
- creating and printing flyers and newsletters
- grinding and mixing spices
- baking and cooking for community events
- joining subcommittee meetings
- supporting Co-op promotion
- picking up deliveries
- doing odd maintenance jobs to make our shop more beautiful!

We value the commitment, flexibility, and kindness you all bring to our group! Have a lovely rest over Christmas!

In response to some questions we received, we want to clarify that there are currently **no mandatory vaccination requirements** for volunteers.

## Recipe of the month: Joan's Retro Sponge Cake

This sponge is delicious with jam and cream or as part of your Christmas Trifle. The addition of Rose Water makes this sponge a special treat.

### Ingredients:

- 3 eggs
- 1/2 cup caster sugar
- 3 table spoons plain flour
- 3 table spoons corn flour
- 1 heaped teaspoon baking powder
- 1 teaspoon of vanilla essence or rose water
- pinch of salt

I. Separate the eegs. Beat the egg whites with salt until still.

II. Gradually add the sugar. Beat until thick and glossy

III. Add egg yolks one at a time and continue beating well after each addition.

IV. Add vanilla (or rose water), drizzled down the side of the bowl.

V. Sift corn flour and plain flour three times (this is a key trick to make this sponge work!). Then fold the sifted flour gently with a spoon into the mixture.

Divide the mixture between 2 greased and paper lined round cake pans (18-20 cm) and gently smooth the top of the batter.

Bake at 180 degrees C (160 fan forced) for 20-25 minutes.

Cool on a wire rack.

**Send your recipe ideas to: [okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)**



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## **Events at Okines Community House**

### **South East Climate Action – Food for Thought**

**Friday, 3 December, 5.30 - 7.30 pm**

South East Climate Action (SECA) is a group of local residents who are taking positive action to help address the urgent issue of climate change. Join Jonny and Jacob from @southeastclimateaction at Okines Community House next Food For Thought evening to learn more.

**Bookings:** Info@okinescommunityhouse.com.au // 6265 7016

Cost \$15pp // delicious dinner included

### **Natural and Sustainable Skincare: Ingredients demystified**

**Saturday, 4 December, 10.00am - 12.00pm**

Join local herbal pharmacist and skin care maker Kaja Skraskova of Herbae Thylacini, for a discussion about natural and sustainable skincare. Bring your favourite skin care product to check what's in it! And make your own gentle body scrub with Kaja.

**Bookings:** Info@okinescommunityhouse.com.au // 6265 7016 // Cost \$20

### **DIGNity Supported Gardening Christmas ONLINE Art Auction**

**now until 5 December**

DIGNity is running an art auction to go towards their therapeutic gardening session at Dodges Ferry and Nubeena. If you would like more details about the art auction and the DIGNity program, visit their website:

[www.dignitygardening.com](http://www.dignitygardening.com), contact us via Facebook @DIGNitygardening, IG @dignity\_gardening, or email: dignity.garden@gmail.com

### **Christmas Clay Play with Red Ochre Studio**

**Saturday, 11 December, 2.00 - 4.00pm**

Join ceramicist Ochre in Okines Community Garden for some Christmas clay play! See some of Ochre's work on [instagram.com/red.ochre.studio](https://www.instagram.com/red.ochre.studio)

**Bookings:** info@okinescommunityhouse.com.au // 6265 7016

### **Lampshade Making Workshop**

**Saturday, 18 December**

Annie Giffard will provide you with the steps, materials and tools needed to create a magnificent lampshade for ceiling or a lamp base. Feel free to bring your lamp shade from home to refurbish. Please consider recycling a piece of fabric, too. Cost for the one day workshop: \$120.

**Bookings:** stickytickets.com.au, or call Annie 0411 367 166

### **The Okines Community House is looking for volunteers!**

Please contact Jess at the Okines Community House:

project@okinescommunityhouse.com.au



## End Note

This last End Note of the year has been concocted in a bit of a hurry as 2021 has just flown by and I am not sure where the year has gone. We have made that Christmas Pudding that I mentioned in the last Newsletter (thanks Mum) and road tested the Sponge Cake Recipe (two thumbs up from Steve for the Rose Water Sponge).

We have watched the seasons change from spring (read winter) to summer and the birds return to our garden. We have been enjoying the endeavors of the resident bandicoot who has been determined to dig up our lawn. He and I are having a Wily Coyote type relationship where he re-digs the holes I have filled back in.

The days have become longer and we are enjoying the divine sunrises and sunsets which are filling the sky with such wonderful colours. It has been magic to just sit and look at these after a crazy year.

As we head in to 2022, which the UN has proclaimed as both the International Year of Glass and the International Year of Artisanal Fisheries and Aquaculture (both thought provoking in terms of science and the Sustainable Development Goals) may you get to raise a glass to the end of the year.

Take care and see you next newsletter!

Julia



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