

# CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

**Dear members, welcome to 2022!**

This year we celebrate our ten year anniversary!

A special thanks to all of you who have supported the co-op over the years. A big applause to the work of co-op coordinator Jill Vaughan, and to Okines for giving us a home. May we continue to thrive for the next ten years, and many more to come!

In this newsletter you find up-to-date info for members, what's happening in our shop, delicious recipes, and info on events.



## OPEN

**TUESDAY 1.00PM-6.00PM**

**SUNDAY 9.30AM-12.30PM**

## LOCATION

**540 OLD FORCETT ROAD,  
DODGES FERRY, OKINES  
COMMUNITY HOUSE**

## CONTACT

**[okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)  
03 6265 7016**



**[okinescommunityhouse.com.au/  
wpms/foodcoop/](http://okinescommunityhouse.com.au/wpms/foodcoop/)**



**[@okinesfoodcoop](https://www.facebook.com/okinesfoodcoop)**

## **Acknowledgement of Country**

We acknowledge that the Okines Food Co-op is run on the lands of the mumirimina people.

We pay respect to the traditional custodians and their ongoing connections to land, water, and community.

Sovereignty has never been ceded.

# WHAT'S HAPPENING THIS MONTH...



**Proud producers:**  
Fresh, organic garlic from the garden for sale now at the co-op (\$30 / kg)

The co-op **needs more volunteers** in the roles of:

- Tuesday cashiers and shop assistants
- jar and bottle sterilisers
- general out of opening hours shop assistance: restocking bins, updating prices, bottling produce, stock take, packing orders

For an average of 4-6 hours of volunteering per month, you receive a **15% discount** on most of our stock! Please contact us for more info.

“

We love our bread,  
we love our butter.  
But most of all  
we love each other!  
(Madeline)

During Covid-19 we need to be extra mindful when shopping in our little co-op space.

Please wear a **facemask in the shop**, unless you have an exemption.

If there are already **four people** in the co-op, please be patient and queue outside.

If you feel uncomfortable about coming to shop yourself, please **contact us about order and pick-up options**.



Thank you for **returning jars and bottles** to the co-op for re-bottling.

Some simple guidelines to help our amazing sterilising team:

All jars and bottles must be

- **clean and label-free**
- only left **during opening hours**
- placed **on the trolley** with care, without causing overflow or breakage



**Membership fees** are due this month. Please pay your annual membership (\$20 / \$15 concession), or purchase a **life-time membership for \$100** one-off.

Pay for your membership with our cashiers **during opening hours**, or via **bank transfer to:**

Okines Food Co-op

BSB: 633 000

Acc.: 146 012 570

**Reference: 'your name' + 'membership'**

Please contact us if you want to quit your membership.

## RECIPE OF THE MONTH: FENNEL CACCIATORE WITH POLENTA

A great vegetarian version of the classic Italian 'hunters stew'. Leave out the polenta if you like, but it adds the heft to make this a main meal on its own, or with a little green salad. The lightly burnt fennel is so delicious, so if you have time don't skip searing it before you start braising the rest of the ingredients. This recipe was adapted from 'In Praise of Veg' by Alice Zaslavsky.

### Ingredients:

- 1 cup (190g) Polenta
- ¾ medium Fennel Bulbs
- olive Oil
- ¾ cup pitted kalamata olives
- 4 garlic cloves, finely chopped
- 400g tomatoes, fresh or tinned (if fresh, chop roughly)
- 1 tsp brown sugar
- 1 tsp salt
- handful rosemary
- ½ cup grated parmesan (leave this out for a vegan option)



**Note:** If you don't have a flame-proof casserole dish, you can do the braising in a heavy-based saucepan then transfer to an oven tray.

## Method:

I. Preheat oven to 180°C with a flameproof casserole dish inside.

II. Soak the polenta in one cup of cold water, and leave to the side while you prep the rest of the ingredients. Cut the fennel bulbs in quarters, coat in olive oil.

III. When the casserole dish is hot, take it out of the oven (carefully!), arrange the fennel in a single layer, then put back on the stove on medium-high. Sear on each side until brown (approx. 10 minutes total).

IV. Reduce heat to medium-low, add the olives and garlic and stir until softened. Add tomatoes, and, if using tinned tomatoes, a quarter cup of water.

V. Sprinkle sugar and salt over top and stir through. Simmer for 10 minutes. Use two tablespoons to shape the soaked polenta into blobs, and arrange them on top of the sauce. Cover the dish with a lid or foil.

VI. Transfer to the oven and bake for 40 minutes, on until the fennel has softened and the sauce has reduced.

VII. Remove from the oven, remove lid/foil, top with rosemary and parmesan then put back in the oven at 220°C.

VIII. Bake uncovered for another five minutes, until rosemary is crispy and parmesan lightly browned. Garnish with more parmesan and fennel fronds.

## END NOTE



Celebrating our opening day: Claire, Gabe, and Jill, 2013

The co-op opened in February 2013 with start up funding from a 'Food for All Tasmanians' state government grant through Okines Community House. We have grown steadily over the years, in space, people, and products.

At the beginning of this year we had 178 members. In 2020 we extended our shop—now feeling at least twice as big compared to how we started off.

All this would have not been possible without the loyalty of our customers and hands on support from over 65 regular volunteers.

Thank you all for making our co-op great!

RED OCHRE STUDIO AND  
OKINES COMMUNITY HOUSE  
PRESENTS:

# CLAY PLAY WITH RED OCHRE STUDIO

Saturday's: 2pm - 4pm // \$35 per person

19th February

19th March

23rd April

Spend your Saturday afternoon in the beautiful

**Okines Community Garden** and feel the clay between your fingers.

Be inspired by your surroundings and see what happens!

Make a small ceramic object of your choosing

or simply enjoy the process and see what you end up with.

Ochre will demonstrate some basic ceramic techniques for you to make your own creation (there will also be some example projects for you to try if you're feeling stuck).

Suitable for beginners.

Children under 14 must be accompanied by an adult.

All materials provided. Work will be fired in the kiln (and available for pickup approx. 4 weeks after session).

Bookings: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) 6265 7016

# FOOD FOR THOUGHT

FRIDAY THE 18TH FEBRUARY 5:30 PM

## Building immunity for Covid-19 protection with Nutritionist and Herbalist Iain Maclean

- Learn how to help build your immunity to better cope with the effects of Covid -19 and recovery
- Iain is a practicing Herbalist and Nutritionist and the proprietor of Live Life, in South Hobart



Okines Community House  
Friday the 18th February // 5:30pm // \$15  
Light dinner included

Bookings essential: 6265 7016 //  
[info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)