



October Newsletter

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



Location

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

Opening hours

Tuesday 2-5pm

Sunday 9:30am - 12:30pm

**First Monday of the month:
11am-1:30pm
(Garden Tucker)**

please arrive in time to finish
shopping before closing

contact: 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.

Peanut Butter (is better at the Coop)

At the latest Garden Tucker, we welcomed our new peanut butter machine to the co-op and enjoyed a peanutty, yummy lunch with community members.

Thank you to Neighbourhood Houses Tasmania/Healthy Living Tasmania Grants & John Hunter from 2A4 Small Grant Scheme for funding our peanut butter machine! For some of our members, it's been a long dream come true!



Stay COVID Safe at the Coop

A reminder that social distancing and hand sanitation procedures set by the Government are still in place. These are going to be refreshed over the next couple of weeks so please can shoppers respect these and be patient as you shop.

News from Jill

We had a recent query about veggie boxes, the garden team is exploring this so watch this space in the future. Peanut Butter Fest Day was a great success with one of our donors attending. We have decided to make it an annual event at the September Garden Tucker Day. We are seeking your Peanut Butter Recipes so we can make a booklet of them to share at the Coop. Email Jill or Amelie with your recipes. We also have other recipes on flyers at the Coop.

Product Specials / new products We are re-arranging some of the buckets more logically in the gluten free area - please ask if you can't find an item.

- Eggs are back on track - get in quick
- Renee is trialing her sourdough doughnuts - with choc or lemon cream
- Trialing organic mixed olives - please let us know if you want them.
- Gluten free pasta - Lentil & Maize Penne in stock. Let Jill know if you would like other Australian organic pasta let me know what your preference is - long or short, wheat or gluten free?
- Blue Corn Masa flour for making tortillas.
- Some new tea varieties Lady Grey and peppermints
- Cocomino Sauce - like a spiced soy
- Roasted cashews and almonds
- Semolina
- Oatbran
- Vanilla pods

Volunteers needed

Help out at the co-op 4-6 hours per month and receive 15% discount on all your shopping! Tasks most needed are Sunday cashiers or assistants, Someone with a ute to help with the WGAC collection.

Call out for Cashiers and Shop Assistants

Tuesdays (2-5pm) or Sundays (9:30am-12:30pm), once per month

We urgently need more **cashiers** to keep our opening hours as are. For this role you need to feel comfortable using a computer-based point of sales system, training will be provided. If you want to help out on opening days, but rather not become a cashier, we also need **shop assistants** who help customers, re-stock goods, and tidy up the shop at the end of the day.

Would you like to volunteer but can't come to the co-op regularly? We have some flexible roles for you, easy to do from home:

Please **contact Amelie** for any volunteering enquiries:
okines.coop.volunteers@gmail.com



House Events

Pasta Making Class at Okines Community House with Sue

- Learn the art of making simple, cheap pasta & gnocchi with accompanying sauces.

When: Okines Community House, October 22nd, 2021 10am to 2pm // \$20 // Lunch included.

Bookings essential: 6265 7016 info@okinescommunityhouse.com.au

Weaving, Culture and Connecting through story with First Nations weaver Jaye Clair

- Join Saltwater Woman Jaye Clair; (Koorabubba), Yanyuwa, Garawa, Gangalidda, for a 3-session journey into conversations around First Nations people, culture, history and story sharing whilst learning the practice of traditional weaving

When: Okines Community House, Thursday evenings 28/10, 4/11 & 11/11 from 7 to 9 pm. Bookings essential: 6265 7016 info@okinescommunityhouse.com.au.

DIGNity Supported Gardening Sessions will be running again weekly on Thursday's from the 14th of October. For more information please have a look at <https://www.dignitygardening.com/>

Garden Tucker - The first Monday of the month.

Come by for some food from the garden, live music, and help (if you want) with garden jobs and meet your community.

Whats New

We are going to be buying coffee beans in a bulk re-usable drum which will eliminate packaging, so in the future you will need to bring your own reusable container.

Our produce list

Just a reminder that you can access our full product list here -->

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

Quick Recipe - Blue Massa Flour Tortillas

Ingredients

- 1 cup blue corn flour
- 1 cup warm water plus extra if necessary
- Dash of salt

Instructions

1. Combine the masa harina and warm water in a bowl and stir until mostly incorporated. Then use your fingers to bring it all into one uniform ball of dough.
2. Break the dough into 8 golf-ball sized balls.
3. Place a ball of dough between two sheets of plastic and press with a tortilla press or heavy casserole dish into a circle, about 1/8" thick. (See notes below for more detail). Peel back the plastic carefully.
4. Heat a large flat pan on high heat on the stove top. When hot, place a tortilla in the centre and cook for about 3 minutes, until browned spots form on the underside. After flipping, a bubble might form in the middle of the tortilla. This is fine. Don't puncture it. Once the bubble flattens, remove from heat and set on a plate to cool.
5. Form a stack of the tortillas as they get made. This will help them steam and soften.



Seniors Week Events



Seniors Week
11-17 OCTOBER 2021

11 OCTOBER
10.30AM TO 12.30PM

MONDAY - KNIT & NATTER
Come along & learn to knit or crochet from scratch, improve your skills or teach others what you know.

13 OCTOBER
10 AM TO 11 AM

WEDNESDAY - TAI CHI
Come and experience the mental and physical benefits of Tai Chi in this taster class. People of any age and fitness level can enjoy this practice to help with stress, anxiety, physical pain, joint stiffness and mental wellbeing.

13 OCTOBER
11 AM TO 12 PM

WEDNESDAY - WOMENS HEALTH PELVIC FLOOR WORKSHOP
WHEN offers a women-specific workshop focusing on pelvic floor health, designed and run by our team of allied health continence professionals, that is evidence based, innovative and results orientated.

14 OCTOBER
11 AM TO 1 PM

THURSDAY - DIGNITY, WEAVING & IT HELP
Come and join the DIGNity team for a fun, interesting and vibrant morning in the garden undertaking a range of activities. Everyone has the opportunity to safely engage in getting their hands dirty if they want or just sitting back and having a cuppa. Learn simple and stunning weaving techniques, with our local weaving star Gwen Egg.

Also - IT advice with COTA - by appointment.
COTA is offering free IT advice with their very skilled mentors. This is a great opportunity if you have any questions regarding computers, phones, tablets or the internet. Appointments are available in 1 hour slots between 10am - 3.30pm

All activities are free

15 OCTOBER
11 AM TO 1 PM

FRIDAY - POTTED HERBS IN THE GARDEN
Come and join our community garden team and learn about herbs, their culinary and nutritional uses and benefits and how to pot them up to take home. Enjoy fabulous garden vegetable soup for lunch.

Recipe of the month: Gado Gado

Ingredients

3-5 Curry Leaves

1-2 chillies (red, dried, or ground)

1 inch of finely chopped ginger

1 small onion very finely chopped

225 g peanut butter

2 tablespoons of coconut cream (or some coconut milk)

1 tablespoon of Tamari

Stalk of fresh Lemongrass or a tablespoon of dried or paste

1-1 ½ cups of water.

Method

- Finely mince curry leaves, chilli, ginger and onion and then sauté in a little oil for a couple of minutes.
- Simmer the lemongrass in the water to make a strong tea – takes about 10 minutes.
- Add the Lemongrass tea and coconut cream/milk to the aromatic herbs that you have been gently frying. Mix thoroughly.
- Add the Tamari and Peanut Butter and bring to the boil stirring all the while.

Then use hot as a sauce for Gado Gado salad.

Gado Gado Salad - build layers of chopped raw veggies (6-7 types, all colours), plus some potato cooked, perhaps some firm tofu or tempeh and fresh herbs such as coriander, spring onion. Top with ½ a hard-boiled egg and then some good dollops of hot Gado Gado sauce.

End Note

I was thinking about content for this month's Food Coop newsletter and decided to investigate what significant days there are in October. It turns out there are a swag of them so I thought I'd share some with you.

- 1 October is **International Day of Older Persons**, its also **World Vegetarian Day** and **International Coffee Day!**
- 9 October is **World Post Day** (who'd have thought).
- 15 October is **Global Hand-washing Day**.
- 17 October is **International Day for the Eradication of Poverty** which celebrates when the UN Convention on the Rights of the Child was adopted.
- 20 October is (my favourite) **World Statistics Day**.
- 24 October is **United Nations Day**.

And there are many others this month that I haven't listed which are worth a thought. What ever day it is that you are celebrating this month I think we should raise a little cheer for the Okines Food Coop and perhaps there needs to be an **International Food Coop Day**. Perhaps I better go and check that there isn't one already!

Take care and see you next newsletter

Julia

Send us your recipe ideas to: okines.food.coop@gmail.com

