



July & August 2021

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.

Product Specials & NEW

Oatbran, Quinoa rolled flakes, Semolina fine, Vanilla Pods, Pecorino Cheese, alternative Brazilian single origin coffee

Volunteers needed

Help out at the co-op 4-6 hours per month and receive 15% discount on all your shopping!

Newsletter Creator - once per month

We are looking for someone to take over this monthly newsletter and to contribute to the Okines Community House quarterly newsletter.

Unpacking Deliveries - fortnightly on Wednesdays 11-1pm

Bottle/Jar Sterilizer - working with a team on a week day

Honey Bottling - working with a team on a week day

Cashiers and shop assistants

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

We 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 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.

Handy people to build and do repairs

This would involve concentrated but irregular tasks to maintain and improve the layout of the co-op as and when needed.

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



Upcoming events at Okines:

Preserving Workshop Friday 6th August 9:30 - 2:30 \$30

This workshop will give you the confidence to turn fruit and vegetables into jars of wonderful product that you can store. Pickles, chutneys and marmalade will be covered and a light lunch will be provided.

Bee Keeping Workshops - 10am - 1pm Saturdays

28th August: Beehive Types

18th & 25th September: Build a Warre Hive/Creative Queens

27th November: Pests & Diseases

February 26th 2022: Harvesting & Overwintering

email dig@okinescommunityhouse.com.au or call 62657016

Natural & Sustainable Skincare: ingredients demystified

Join local maker Kaja of Herbae Thylacini to discuss and understand skincare. Make your own body scrub

Saturday 4th September 10-12noon \$20

bookings: info@okinescommunityhouse.com.au or 62657016

Screening of 'Tender' - Friday 10th September 1pm - gold coin

An inspiring and sensitive film about locals in Port Kembla who developed community-based funerals

bookings: info@okinescommunityhouse.com.au or 62657016

Creative Embroidery - Saturday 11th September 10am - 3pm

with Aukje Boonstra

Design with natural dyes and exploring techniques in stitching

Materials and Threads supplied - BYO sewing kit, needles, scissors

bookings: info@okinescommunityhouse.com.au or 62657016





FOOD CO-OPERATIVE

okines.food.coop@gmail.com

Winter Recipe – Apple and Brown Butter Cake

This cake is VERY forgiving. Any kind of milk, any kind of flour and any kind of nutmeal will work. I sometimes use a mixture of apples and pears, if that's what needs to be used up. Use buckwheat flour, or GF flour mix, to make this cake gluten free.

Ingredients

- 4-5 Apples or pears, cored and diced (and peeled if you prefer). An extra 1 or two apple peeled and sliced for decoration on the top of the cake.
- 150g butter
- 165ml milk
- 1 tsp apple cider vinegar
- 2 eggs
- 200g brown/rapadura sugar
- 2tsp vanilla essence
- 200g flour (buckwheat is good, or plain if not GF)
- 1tsp cinnamon
- ¼ tsp ginger
- ½ tsp salt
- ½ tsp nutmeg



- Preheat oven to 180c
- Butter a 27cm round cake tin (this mix also makes good muffins, though they may fall apart easier than regular muffins)
- Brown your butter in a small, tall-sided pot. It'll be ready when the butter smells nice and nutty, and the solids are separating and browning. Leave to cool.
- Mix the sugar, milk, vanilla and egg in a bowl or mixing jug. Add the cooled brown-butter (it doesn't have to be totally cold; you just don't want it to cook the egg)
- In a separate large mixing bowl, mix the rest of the dry ingredients together.
- Pour the wet ingredients into the dry. Add the apples, and fold together with a spatula until all combined.
- Pour into the prepared tin, then arrange the slices of apple nicely on top.
- Cook for 60 minutes, checking after 50 minutes. This cake is very moist, so may take longer depending on your oven.

(Adapted from a recipe by chef Danielle Marie Alvarez)

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

