



## Newsletter - May 2019

The Okines Food Co-Op welcomes you to our last newsletter of the year! What's happening this month:

### **SOLSTICE FESTIVAL LANTERN PARADE 21<sup>st</sup> of June**

We are looking for volunteers to help us run a chai stall at this year's Solstice Lantern Parade. We seek people to make bliss balls to be and brew chai to be sold at the event, which will raise money for the Food Coop

We are seeking old golf buggy wheels to fix our trolley, if you happen to come across any please drop them into the house.

### **NEIGHBOURHOOD HOUSE WEEK WED 8th OF MAY**

Join the team at the house for a simultaneous Bubble Event at 12 noon with Neighbourhood House from around Tasmania. Free bottle of Bubbles for everyone and coffee and cake

### **Documents and Downloads:**

Find our current pricelist, order forms and up to date stock info [here](#) on our website.

### **Location and Opening Hours:**

540 Old Forcett Road, Dodges Ferry (in the community garden)

Open Tuesdays 2pm-5pm and Sundays 9.30am-12noon (10.00am-12noon July-September)

We also open on garden tucker days every first Monday of the month from 12.00noon-2pm.

### **Contact:**

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## Heaty Lentil Soup

As the autumn chill start to take hold the call for hearty comfort foods packed full of protein and flavour are a must for every home. Lentils simmered with vegetables, rich passata and seasonings. Serve with homemade crusty bread or baked Polenta chips

**Ingredients:** 1onion, chopped. 4 tablespoons of olive oil, 2 Carrots, diced, 2 sticks of celery ,2 cloves of garlic, 1 tsp dried oregano, 1 bay leaf, 1 tsp dried basil, 385g dried lentils, 400g passata, 2 litres Water, 15g spinach, Salt and pepper to taste

### Preparation method:

In a large pot, heat oil, add onions, carrots and celery; sauté till for a few minutes, stir in lentils and add water and passata. Bring to the boil. Reduce heat and simmer till lentils are soft. Best if cooked slowly all day. When ready to serve, stir in spinach leaves and season to taste. Best served with a vino and shared with a friend.

ENJOY!

### Feedback:

We would love to hear from you about any **comments and wishes!**

If you have any **product preferences**, you know about **possible suppliers**, have enquiries about **events**, your **membership** or just want to make **general comments** on the shop, **Please feel free to talk to Jill, our cashiers, or send an email to: [okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)**

