



Newsletter - March 2019

The Okines Food Co-Op

What's happening this month!

Products:

Don't forget that we now have organic rice and quinoa pasta – unlike some other gluten free pasta's it cooks and holds well, and has a real pasta texture.

Big promotion: of the Okines Community Twilight Market to be held on 1st March.

The co-op will be open and selling goodies.

If you have some time to help serve, please let Jill know ASAP.

Ideas for 2019

If you have any ideas for items you would like us to stock, or events to hold to add to a wish list for this year, please let us know. We love your feedback.

If you would like to be more involved with our decision making processes; please consider becoming a Food Co-op Sub-committee member. We meet 3 times a year. Next meeting is on Wednesday the 20th March at 7pm in the Community House. We would love to see you there.

PLEASE NOTE

We will be closed on Easter Sunday 21st
and Tues 23rd April 2019

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 Okines Community Garden)

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

We will be closed on Easter Sunday 21st and Tues 23rd April 2019

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

Contact:

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It's autumn and grape season.

Here is a grape recipe to help use up the surplus bunches on your vines before the birds get to them. It works really well with wine grapes too.

Grape Chicken

Sauté ½ teaspoon each cinnamon and nutmeg with 3-4 cloves in oil a few seconds. Remove cloves.

Add 150-200g grapes (green is best, green wine grapes even better) – cook 2 mins.

Add 200-250ml white wine, 1 Tablespoon white or red wine vinegar, 2 Tablespoons chicken stock and a sprig of thyme, marjoram or tarragon.

Simmer and reduce to half the volume.

Flatten 500g skinned chicken thighs with rolling pin.

Mix 1-2 Tablespoons fine chopped onion, 2-3 Tablespoons almond meal, black pepper & pinch of chilli/paprika (optional)

Sprinkle this on each thigh, roll up and tie or fix with a toothpick. Place in reduced sauce, sprinkle over any remaining stuffing. Cover and simmer slowly or bake in low oven for 30 mins – turning after 15. Uncover and reduce further if necessary.

Garnish with toasted almonds and serve with rice or your favourite seed or grain.

Other GRAPE ideas.

Use similar ingredients (as above) to stuff a whole chicken and bake with a splash of wine and a few grapes in the dish. Make a gravy/sauce as for the sauce above.

Use leftover chicken to make a pie: Saute leek, garlic, mushrooms. Add a tablespoon of flour and brown. Add wine/stock, herbs and grapes and reduce and thicken. Use as filling in a pie or bake small sheets of pastry and create the pie on your plate by sandwiching the filling between 2 bits of pastry.

Or just toss some chicken thighs, onion, garlic and potatoes and grapes in a baking dish – drizzle with olive oil and finish with some more grapes and fetta for the last 15 minutes of cooking.

Feedback:

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

If you have any **product preferences**, if you know about **possible suppliers**, or have enquiries about **events**, or 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

