

MARCH 2022

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,
welcome to our Co-op news!

This newsletter gives you up-to-date info on what's happening in our shop, delicious recipes, and info on events.

This month we have the pleasure of introducing Amber, our new Co-op Library Manager and book reviewer. Each month, Amber will give you a snapshot of one of our library books, to wake your curiosity!

Enjoy reading,
Your Co-op team



OPEN
TUESDAY 1.00PM-6.00PM
SUNDAY 9.30AM-12.30PM

GARDEN TUCKER / FIRST
MONDAY OF THE MONTH
11.00AM-1.00PM

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

CONTACT
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)

Okines Food Co-op is a non-for-profit group in Dodges Ferry. We give members access to bulk, largely organic wholefoods, and support Tasmanian producers.

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...

Products new in stock:

- a fresh load of WGAC products (toilet paper, paper towel, tissues)
- dried mushrooms (champignons)
- blackstrap molasses
- fresh batch of honey and tahini
- raw and activated buckwheat groats
- decaf coffee, beans and ground (trial)
- pecan nuts (trial)



Try now: Sufiyo's delicious and nutritious Apricot Fruchocs! **Sufiyo's treat sales** help us raise extra funds for our Co-op. Thank you, Sufiyo!

Products out of stock: Gluten-free pasta

Please send us your feedback on gluten-free pasta. We will only re-order the most popular varieties.

Call for donations

We are in need of **scoops, camping mugs, measuring cups, or other utensils** to be used for stock bins. If your cupboards are full, help us out!

Give aways

Can you use clean **heavy duty, multi layered paper bags**? Great for storing spuds, or using as art or wrapping paper. Ongoing surplus from our stock deliveries, please enquire.

Express your interest in fresh pasta

Are you interested in getting fresh pasta at our Co-op? An opportunity has come up with a supplier in Hobart. Let us know if you are interested in a prepaid order of fresh pasta.

Interested in becoming a supplier?

Are you a local friend of fermenting and pickling? Contact us if you are interested in selling your goods through our Co-op!

New feature for our shop

Charlie has done some more excellent work to beautify our shop front.

The new fold down service window will come handy for future community events and selling treats right out of our shop. Thank you, Charlie!



Interested in volunteering?

The Co-op currently needs more

- Tuesday cashiers and shop assistants
- jar and bottle sterilisers

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.

RECIPE OF THE MONTH:

SPICED RED LENTIL SOUP WITH EGGPLANT

Use up the last (or first) of the tomatoes and eggplant, and some lentils and spices from your friendly Co-op for this one. Creamy, spicy, lots of textures – perfect for nights just getting cool! Don't worry if you don't have all these spices on hand– just a couple will do. This recipe is adapted from 'A Year of Simple Family Food' by Julia Busuttil Nishimura.

Ingredients for the soup;

3 tablespoons olive oil
1 onion, roughly chopped
2 carrots, roughly chopped
4 garlic cloves, roughly chopped
1 tbsp. ground cumin
1 tbsp. ground coriander
1 tbsp. ground ginger
1 tsp yellow mustard seeds.
200g red lentils
200g tomatoes (chopped)
1L stock
juice of 1 lemon
Greek yoghurt (optional)

Ingredients for the eggplant:

2 tbsp plain flour
1 tsp ground cumin
1 tsp sea salt
1 small eggplant, cut into 1.5 cm cubes
vegetable oil, for frying



Method:

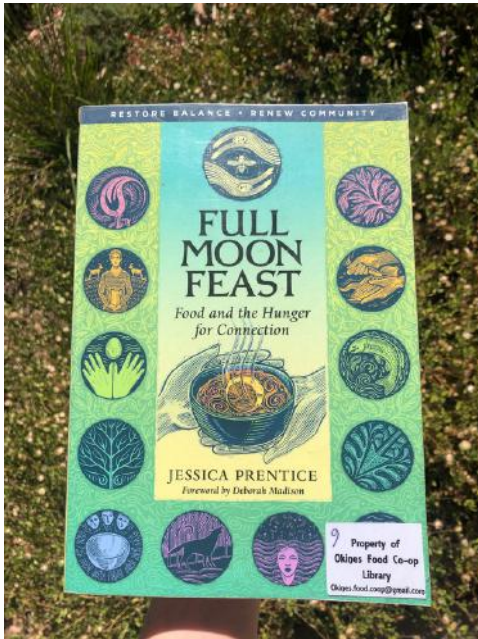
I. Heat olive oil in a large saucepan over low heat. Add carrot, onion, and a pinch of salt and cook for 10 minutes until starting to soften. Add the tomatoes, and cook for another 10 minutes until they're starting to break down.

II. Turn the heat up to medium, add the garlic and spices and cook for another 2-4 minutes until fragrant.

III. Add the lentils and stir to coat with the tomatoes. Pour in the stock and simmer for 45 minutes, until the lentils are soft, stirring occasionally and adding more stock or water if they get too dry.

IV. Meanwhile, for the eggplant, combine the flour, cumin and salt in a bowl. Toss the eggplant through the flour then shake off any excess. Heat 2cm of oil in a saucepan or frying pan and fry the eggplant in batches until golden and soft in the middle. Drain on a paper towel.

V. Once the lentils are cooked, add the lemon juice, then, with a stick blender or food processor, roughly puree the soup. Ladle the soup into bowls and top with eggplant and, if you like, add some Greek yoghurt and fresh herbs.



Full Moon Feast, by Jessica Prentice

Full Moon Feast is not an average cookbook at all. I borrowed it from the library thinking it would be full of recipes with a bit of knowledge about our moon cycles and celebrations. It is all of these things, plus more. The book has almost 80 different recipes, many being things you wouldn't find in a standard cookbook. It focuses on seasonal eating, sustainable farming, and community connection.

Jessica Prentice follows the traditional Native American Lunar Calendar and has organised a few recipes to be suited to each moon. I've never read anything quite like it and I did enjoy the concept and sense of community it worked with.

However, the personal story as well as recipes, moons and history was a lot to focus on. A great book for anyone wanting to incorporate lunar tradition into their cooking or refocus on renewing community eating.

EVENTS AND ACTIVITIES

Garden Tucker, March 7th from 11.00 AM - 1.00 PM

Garden Tucker lunches happen at Okines on the first Monday of the month. Come and enjoy the friendly atmosphere of our beautiful community garden. The Co-op is open for shopping, too!

We prepare a meal and do some gardening together, listen to live music, and share a free lunch. You don't need to book to attend this event.



TRADITIONAL WEAVING,
CULTURE AND CONNECTING
THROUGH STORY

*with first
nations weaver
Jaye Clair*

Join Saltwater Woman Jaye Clair; (Koorabubba), Yanyuwa, Garawa, Ganalidda, for a journey into learning the practice of traditional weaving whilst sharing story & conversations around First Nations people, culture, history and connecting to Country.

Enjoy an easy walk on Country to gather materials and inspiration.

Saturday 30th April // 10am - 3pm

Okines Community Garden// \$50 // BYO Lunch

Bookings: 6265 7016

info@okinescommunityhouse.com.au



RED OCHRE STUDIO AND
OKINES COMMUNITY HOUSE
PRESENTS:

CLAY PLAY WITH RED OCHRE STUDIO

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

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 6265 7016



OKINES COMMUNITY HOUSE

Preserving Workshop

WITH SUE METZLER

12th March 2022

10 am till 3pm

\$30 per head



This workshop will give you the confidence to turn fruit and vegetables into jars of wonderful product that you can store in the pantry to be used at a later date.

We will cover Chutneys, Pickles and Marmalades.

A light lunch will be provided.

Please bring along an apron and 4 Small cleaned/ lidded jars approximately 250g each

To book please ph: 6265 7016 or email info@okinescommunityhouse.com.au

INTERESTED?

If you would like to join any of these events, or want to find out how to organise your own, please contact the **Okines Community House**:

phone: 6265 7016

email: info@okinescommunityhouse.com.au

DIGnity's overarching aim is to improve people's wellbeing and quality of life through the creation of garden communities that are welcoming and well-equipped to support people with health and social needs. We aim to provide a therapeutic, supported environment for community members with physical or mental disabilities, cognitive constraints, and those who are socially isolated due to grief, chronic conditions or other reasons.



gardening



art



community

therapy

Get connected with nature and with each other at DIGnity gardening. Come and help out in the Community Garden, join in with the art activities or simply share a meal and take advantage of the casual but professional support from our Occupational Therapist and Counsellor.

**Thursdays weekly from 3rd March @
Okines Community Garden
10.30-13.30**

FREE! All ages and abilities are welcome!

**Volunteers
needed! Get
in touch:**



Email: dignity.garden@gmail.com

Phone: 0472722118

Website: www.dignitygardening.com