

Mar + Apr 21

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.

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

Located at 540 Old Forcett Road, Dodges Ferry in the Community Garden

Open Tuesday 2:00 - 5:00 & Sunday 9:30 - 12:30

Closed over Easter on Sunday 4th and Tuesday 6th April. Reopen Sunday 11th April

Contact okines.food.coop@gmail.com

Order okines.orders@gmail.com

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

<https://www.facebook.com/okinesfoodcoop/>

FOOD

CO-OP

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Volunteers Needed

We are short on Sunday cashiers and Sunday shop assistants. If you are able to give 4hrs per month to this vital task please let us know.

Assistants don't need IT skills, but assist with customers and restocking the bins.

Volunteering for this will count as active membership (15% discount at our shop).

Please contact us if you're interested!

Memberships

Memberships for 2021 are now overdue. If you have not renewed and wish to remain on our emailing list please let us know before Easter.

King Edward potatoes and **Swedes** from John Wiggins at Woodsdale available after Easter harvest. Email your orders.

Spuds \$2.50/kg loose
or 10kg bags for \$20
Swedes \$2/kg

Preserve Makers

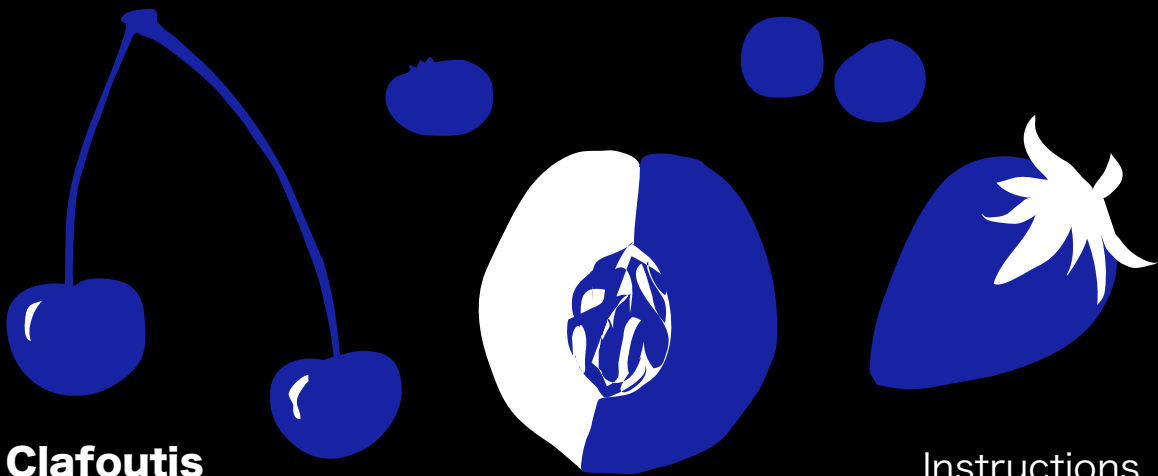
These always seem to sell well. Marmalade has been requested lately. We are happy to act as a conduit for preserves (small amounts due to space restrictions).

You can use cash in a jar system for occasional stock or invoice us and we'll add to our regular items if you have constant supplies.



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We are bidding farewell to a particularly fruitful time of the year. It's time to use up those end of season harvests. Many have been disappointed with their tomato yields this time around. Still, we'd love to hear your favourite things to do with tomatoes, both ripe and green. Send in your recipes!



Clafoutis

Using stonefruit or berries that are going soft.

via gourmandelle.com

Ingredients

- 1 cup of berries/stonefruit
- 300 g silken tofu
- 150 g all-purpose flour
- 1 tbsp tapioca flour
- 4 tbsps coconut sugar
- 5 tbsps almond milk
- 1 tsp vanilla extract
- 1 tbsp coconut oil + extra for greasing
- Pinch of salt
- Dollop of coconut yoghurt for serving

Instructions

1. Preheat the oven to 180C.
2. Grease baking dish with oil. Add single layer of fruit on the bottom.
3. In a blender, add silken tofu and almond milk and blend until smooth.
4. Add the flour, tapioca, sugar, coconut oil, vanilla, and salt. Mix well.
5. Blend until the batter is smooth.
6. Pour the batter into prepared baking dish. Bake in a preheated oven for about 45 minutes.
7. Serve with a scoop of yogurt on top.

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Autumn has arrived and haven't the temperatures dropped accordingly! With the 8 hour day, International Women's Day and the Mardi Gras, it has been a fulfilled March already. Here's hoping that the Easter bunny comes to everyone this year.

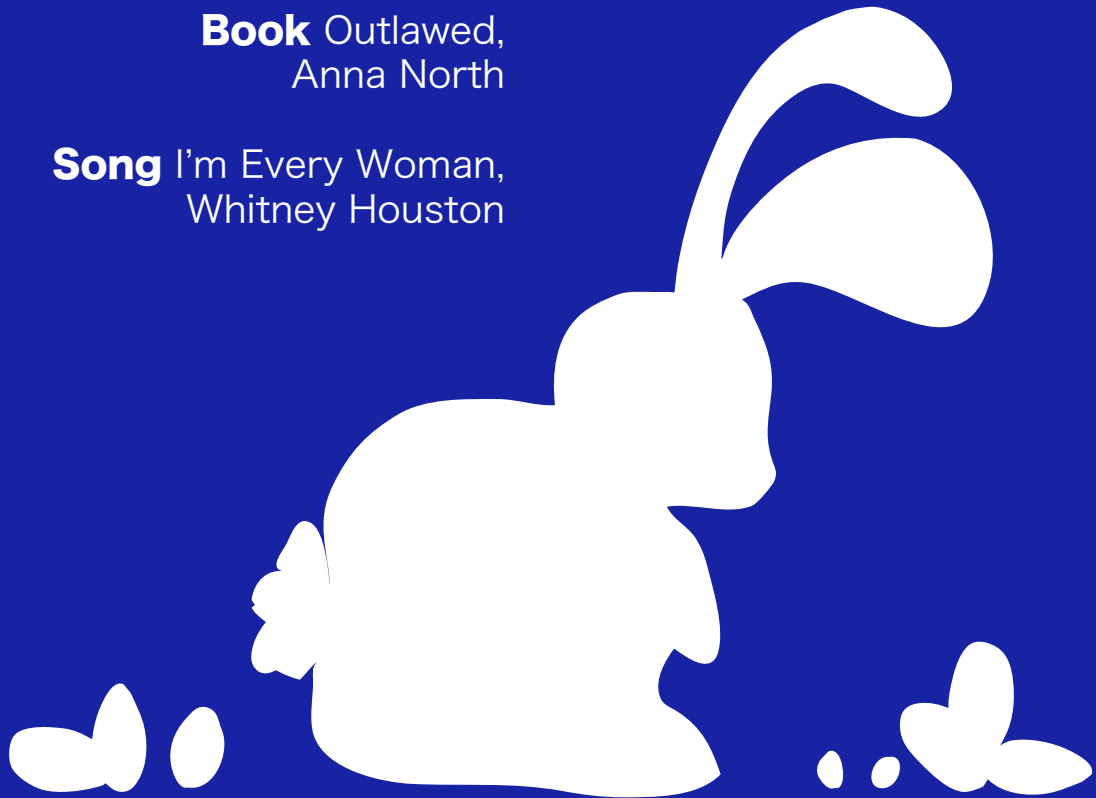
Thank you to all members who have given so much support to our local Food Co-op.

To keep you entertained,

Podcast The Jane Goodall Hopecast

Book Outlawed, Anna North

Song I'm Every Woman, Whitney Houston



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