



November Newsletter

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 1 - 6.00 pm

Sunday 9:30am - 12:30pm

**First Monday of the month:
11 am-1:30 pm
(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.

Stay COVID Safe at the Coop

A reminder that social distancing and hand sanitation procedures set by the Government are still in place. So please can shoppers respect these and be patient as you shop.

Our produce list

Just a reminder that you can access our full product list here -->
<http://okinescommunityhouse.com.au/wpms/foodcoop/products/>

News from Jill

If any one wants special orders for Xmas cooking to let Jill or Amelie know asap. We now have longer opening hours on Tuesdays - 1 to 6 pm.

Product Specials / new products

- Garlic granules organic
- Italian mixed herbs
- L'Abruzzese Australian Pasta - loose:
- Gluten Free Besan, buckwheat& brown rice penne
- Gluten Free Lentil & maize spaghetti
- Organic Kamut spaghetti
- Eat Pasta Australian Durum wheat papardelle and spaghetti - 375g boxes

Volunteers needed

- Help out at the co-op 4-6 hours per month and receive 15% discount on all your shopping! Tasks most needed are **Tuesday** cashiers or assistants,
- Dodges Ferry Film Night Catering Team needs more cooks and helpers to serve a meal on the third Saturday of the month.

Call out for Cashiers and Shop Assistants

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

We urgently 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 rather 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.

Would you like to volunteer but can't come to the co-op regularly? We have some flexible roles for you, easy to do from home:

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





DIGNITY

SUPPORTED GARDENING



Okines Community Garden  Dodges Ferry

Upcoming dates:

EVERY THURSDAY
10.30 - 13.30

STARTING 28TH
OCTOBER UNTIL 16TH
DECEMBER

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. All ages and abilities welcome. This is a free event.

Supported by:



FRRR
Foundation for Rural
Regional Renewal



Email: dignity.garden@gmail.com

Phone: 0472722118

Website: www.dignitygardening.com



House Events

Volunteers Needed

Please talk with Jess Fitzgibbon at the House if you would like to volunteer project@okinescommunityhouse.com.au

Special Garden Tucker

Nov 1st Garden Tucker is the Garden Party, celebrating 10 Years of the community garden. There will be free food with the co-op contributing.

School Fair Stall

Food Co-op will be part of Okines Community House stall at the School Fair on November 5th (from 4 pm)

Weaving, Culture and Connecting through story with First Nations weaver Jaye Clair

- Join Saltwater Woman Jaye Clair; (Koorabubba), Yanyuwa, Garawa, Gangalidda, for a 3-session journey into conversations around First Nations people, culture, history and story sharing whilst learning the practice of traditional weaving

When: Okines Community House, Thursday evenings 4/11 & 11/11 from 7 to 9 pm. Bookings essential: 6265 7016 info@okinescommunityhouse.com.au.

DIGNity Supported Gardening Sessions will be running again weekly on Thursday's from the 14th of October. For more information please have a look at <https://www.dignitygardening.com/>

Usual Garden Tucker - The first Monday of the month.

Come by for some food from the garden, live music, and help (if you want) with garden jobs and meet your community.



Recipe of the month:

Cabbage, Kale and Potato Subji

Ingredients

- 1 tsp ground coriander
- 2 tsp ground cumin
- Vegetable oil (canola, peanut, sunflower etc.)
- 15 fresh or dried curry leaves (optional)
- 1 tsp mustard seeds
- 1 large brown onion (halved and sliced thinly)
- 800g potatoes (chopped in bite-sized pieces)
- 200g cabbage (shredded)
- 200g kale (finely sliced)
- 2 tsp salt
- ½ tsp chilli powder (optional)
- ¼ tsp turmeric



Heat the oil in a large lidded frying pan, then add the curry leaves and mustard seeds. When they crackle, add the onion and cook until golden and sweet.

Add the coriander and cumin, then the potatoes. Cook for ten minutes, stirring occasional until crisp. Add a few tablespoons of water, cover and cook for another 5-10 minutes, until the potatoes are tender.

Add the shredded cabbage and kale to the pan with a couple of teaspoons of water and stir fry for 3-5 minutes. Add the salt, chilli and turmeric, mix well, then cover with the lid. Cook for another few minutes until the kale and cabbage are wilted.

Serve with some rice or breads, yoghurt and a fiery pickle if so inclined!

(Adapted from the cookbook 'Fresh India' by Meera Sodha)

End Note

Wow! Its November already and Christmas and Summer Holidays are approaching fast.

We are busy in our vegetable garden planting tomatoes, cucumbers, lettuce, carrots and flowers. And there have been the usual debates about how many zucchini plants do we really need. The fruit trees are still in bloom and we have had visits from bandicoots, blue tongue lizards and even an echidna. All sorts of bees are busy and the frogs are even starting to appear.

It's been lovely to see everyone out walking with friends, family and four-legged friends. We are starting to make presents for friends and family for Christmas and there has been a conversation or two with my Mum along the lines of "we must put the dried fruit in brandy for the Christmas pudding". And Mum we must do that this month!

The last two years have been so challenging and our little community of Dodges Ferry and its bright and shiny Food Coop have weathered the storm and, despite everything provided that beacon of love and hope. Well done Coop-ers! Keep the light shining - every little bit we do does matter. Don't underestimate the power of our collective action.

Take care and see you next newsletter

Julia

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

