



Newsletter November 2020

Welcome to the November edition of our co-op newsletter! The end of the year is close, and there is still a lot happening at our co-op:

1. Volunteers needed for active roles
2. New products
3. Recipe idea of the month: Suzie's Chickpea Cardamon biscuits
4. Pre-packed Christmas Pudding mixes – organisers wanted
5. Upcoming events



1. Our co-op relies on the amazing jobs our volunteers do to keep us going. When you volunteer with us, you get to meet other members and **receive a 15% discount** on all our shopping.

We are currently seeking for more people willing to take on one of these **active roles**:

Dodges Ferry Film Night – Catering, Saturday nights (once every 2 months)

We would like to collaborate again with the film night crew to make and serve dinner at their monthly screenings. This helps us to promote our ingredients, and raise extra funds for the co-op.

Location

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

Opening hours

Tuesday 2–5pm

Sunday 9:30am – 12:30pm

First Monday of the month:
11am–1:30pm (Garden Tucker)
please arrive in time to
finish shopping before
closing

email for orders (only):
okines.orders@gmail.com

We would love to hear from you! Please send general enquiries, comments and suggestions to:

Jill Vaughan

(co-op coordinator)

0439 411 440

okines.food.coop@gmail.com

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.

Shop Cleaner

once per fortnight (preferably Wednesday–Friday)

We need a second person who can give the shop a good clean on an alternating fortnightly roster with Kath.

**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:**

Newsletter Creator

once per month

We are looking for a creative mind to take over this monthly newsletter.

Co-op Recipe Organiser

flexible

Help us organise our great, healthy recipe collection. Easy to do from home, and to fit in with your other commitments.

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



2. New Products

- fresh batch of bottled honey (leatherwood or bush)
- More variety of Orlando Plenty Pickles, try their new organic hummus (\$7), pickled fennel or cucumber (\$12)
- Adrian our baker is back baking his wonderful sourdoughs, including a new rye fruit loaf and a seeded sourdough with sunflower, pepitas and linseeds (\$8.50 each)



4. Recipe of the month: Suzie's Chickpea Cardamon Biscuits (makes 14)

Ingredients: 60g salted butter, 1/4 cup olive oil, 3/4 sugar, 2 1/2 tsp ground cardamon, 1tsp cardamon seed (adjust spices to your taste), 2 cups chickpea flour (besan), pistachios or cashews to decorate

Method: Soften butter, then add the sugar, oil and cardamon. Mix well. Add sifted flour and combine. Form into balls and flatten slightly pressing in a pistachio or cashew to center. Bake in 150 degrees oven for about 20 minutes until golden. Cool on a tray.

Many thanks for this recipe to Suzie, find her at facebook: yoga@artsretreatstasmania...



4. Are you interested in pre-packed Christmas Pudding mixes? In the last few years the co-op was able to offer pre-packed Christmas pudding mixes. We would like to offer this again to our customers this year, however, we rely on the support by volunteers who are willing to take on the task of packing these mixes. Please let us know if you have time to help out during November and December.

5. Upcoming events in our community:

- **Food Co-op Subcommittee Meeting:** 11th November, 7pm at the Community House. If you cannot attend in person, please tell or email us any input/feedback and ideas to discuss at the meeting.
- **Soirée at the community garden** (free entry) 14th November 5:30-8:30pm: live music, food from the wood-fire oven, BYO picnic, family-friendly event
- **Dodges Ferry Film Night** at the Primary School, 21st November 7pm, showing "A Year Full of Drama"
- **Car Boot Sale** at the Dodges Ferry Primary School Car Park on Saturday 21st November, 10 - 1pm, book a \$5 stall: 6265 7016
- **Garden Tucker Monday** at the community garden: 7th December 11-2pm, free lunch provided
- **Food for Thought:** Friday 4th December (please book with 6265 7016)

Find more information online:

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

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

