



Newsletter October 2020

Welcome to the October edition of our co-op newsletter!

See what's happening this month:

1. Volunteers needed for active roles
2. New products and specials
3. BYO containers and single use bags at the co-op
4. Recipe idea of the month:
Garden Greens Hunza Pie
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

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.

Newsletter Creator

once per month

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

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

2. More new locally made/produced products

- Eggs, free range, locally produced (5.50/doz)
- Angela's bliss balls – made with co-op products – gluten, nut and dairy free – \$1.50ea
- Coaldale Pickled walnuts – great with cheeses or to use as an olive substitute on pizza
- Orlando Plenty pickles and ferment: available by order with some varieties kept in stock
- Kejap Manis



New Stock Items

- Roasted Cashews Lima Beans back in stock
- Alfalfa Seed
- Pumpkin Seed/Pepitas organic from Victoria (also still have organic China)
- Wholewheat Pearl Couscous, organic
- Coconut Flakes/Chips
- Peanut oil, organic

3. At our last sub-committee meeting members decided to take additional steps in reducing single-use bags offered to our customers.

While our shop closed during the winter, and we switched to pre-packing orders due to Covid-19, we bought corn-starch bags and paper bags. Using these made things much easier and safer for both shoppers and volunteers.

We now wish to re-encourage you to bring your own containers or jars when you do your shopping to reduce the use of additional packing.

From November, shoppers will have to pay 5ct per paper bag, and we will not buy new stock of bags once we run out.

4. Spring – Time Recipe: Garden Greens Hunza Pie (gf)

Now that greens in our gardens are abundant, here's a great recipe to use them in large amounts:

I. Fry one large diced onion in some oil, and add lots of your chopped up **greens** (silverbeet, kale spinach, beetroot leaves...) and **herbs** (parsley, chives, dill...). Wait until it is wilted. Season and set aside to cool.



II. Cook 1 cup of brown rice.

III. Mix 4 eggs, 1/2 tsp paprika, pepper, a pinch of nutmeg. Add 1/2 cup of grated cheddar/parmesan/, and crumbled feta.

IV. Combine the greens, rice and egg mix and fill in a round quiche or cake dish. If you like, sprinkle with some seeds.

V. Bake in oven (180°C), fan forced, for ca. 1/2 hr or until brown. Cooking time depends on your oven. The pie will still be soft when taking out of the oven, but will set once it's cooled down and can be easily sliced. You can of course use different greens, spices, and cheeses for this recipe. Amounts can vary according to your pan / dish size).

5. Upcoming events in our community:

- **Drumming Circle** in the community garden: 4th October 12:30pm, combine with your shopping trip – nibbles provided by co-op
- **Garden Tucker Monday** at the community garden: 5th October 11–2pm, free lunch provided
- **Dodges Ferry Film Night** at the Primary School, 17th October 7pm; Movie: 'Roman Holiday'
- **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.

Find more information online:

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

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

