



September 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 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

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. These are going to be refreshed over the next couple of weeks so please can shoppers respect these and be patient as you shop.

Product Specials / new products

- Oat Bran
- Semolina Fine
- Quinoa Flakes
- Vanilla Pods
- Mint-Green Tea
- Peppermint/Stevia Tea
- Lady Grey Tea
- Cocomino Sauce - like a gluten-nut-dairy-soy-free version of Kejap Manis
- Roasted Almonds
- Milel Pecorino Cheese

Volunteers needed

Help out at the co-op 4-6 hours per month and receive 15% discount on all your shopping!

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.

We Need You for the Film Night Catering Team

Join our team of co-op volunteers who prepare meals for sale at the monthly Dodges Ferry Flicks film nights (third Saturday of the month). And we also need people serving our delicious food and taking payments.

Can you build things? We have another task...

We are looking for someone to build more benches for the back room and to finish off the woodwork around the entrance door. Let us know if you are interested.

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



PEANUT BUTTER MACHINE

OFFICIAL OPENING DAY

When:
Monday 6th September,
from 11:30am
(Garden Tucker day)

Where:
Okines Community
Garden



Come and share a
peanut butter inspired
lunch menu!*

If you like, contribute
with a plate or
help us out cooking
on the day!



Thank you to: Neighbourhood Houses Tasmania/Healthy Living
Tasmania Grants & John Hunter from 2A4 Small Grant Scheme

*this event may not be suitable if you have nut allergies

Did you know there is a National Peanut Butter Day? Its January 24! And how do you observe it - make your favourite Peanut Butter recipes. #NationalPeanutButterDay



Events

Natural and sustainable skincare: Ingredients demystified

- Join local herbal pharmacist and skin care maker Kaja Skraskova of Herbae Thylacini, for a discussion about natural and sustainable skincare. Learn about what natural skin care is and what it is NOT, discuss sustainability in skin care and what it means to YOU. Kaja will describe skin care ingredients from all angles:
 - Local x Imported
 - Natural x Synthetic
 - Organic x Conventional
- Bring your favourite skin care product to check what's in it! And make your own gentle body scrub according to one of Kaja's formulations.
- **When:** Okines Community House, Saturday 4th September 10 - 12 \$20 PP Bookings essential: 6265 7016 info@okinescommunityhouse.com.au

Tender film screening

- Set against the stunning backdrop of the industrial seaside town of Port Kembla, a feisty and resilient community group have determined to take back the responsibility that most of us leave to someone else - to care for their own dead. Scattered throughout are stories that cut to the core revealing why this small band have decided to take on a practice that for most is taboo. As their plans for community-based funerals gather momentum one of their own is diagnosed with a life-threatening illness. Tender is at once a heartbreakingly beautiful and funny glimpse of an extraordinary community taking on one of the most essential challenges of human life...its end.
- **When:** Okines Community House, Friday 10th September 1pm. Free, but a gold coin donation is always welcome.

Pasta Making Class at Okines Community House with Sue

- Learn the art of making simple, cheap pasta & gnocchi with accompanying sauces.
- **When:** Okines Community House, October 22nd, 2021 10am to 2pm // \$20 // Lunch included. Bookings essential: 6265 7016 info@okinescommunityhouse.com.au

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 28/10, 4/11 & 11/11 from 7 to 9 pm. Bookings essential: 6265 7016 info@okinescommunityhouse.com.au.

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.



Diary Markers!

Seniors Week

11-17 OCTOBER 2021



11 OCTOBER
10.30AM TO 12.30PM

MONDAY - KNIT & NATTER
Come along & learn to knit or crochet from scratch, improve your skills or teach others what you know.

13 OCTOBER
10 AM TO 11 AM

WEDNESDAY - TAI CHI
Come and experience the mental and physical benefits of Tai Chi in this taster class. People of any age and fitness level can enjoy this practice to help with stress, anxiety, physical pain, joint stiffness and mental wellbeing.

13 OCTOBER
11 AM TO 12 PM

WEDNESDAY - WOMENS HEALTH PELVIC FLOOR WORKSHOP
WHEN offers a women-specific workshop focusing on pelvic floor health, designed and run by our team of allied health continence professionals, that is evidence based, innovative and results orientated.

14 OCTOBER
11 AM TO 1 PM

THURSDAY - DIGNITY, WEAVING & IT HELP
Come and join the DIGNity team for a fun, interesting and vibrant morning in the garden undertaking a range of activities. Everyone has the opportunity to safely engage in getting their hands dirty if they want or just sitting back and having a cuppa. Learn simple and stunning weaving techniques, with our local weaving star Gwen Egg.

Also - IT advice with COTA - by appointment.
COTA is offering free IT advice with their very skilled mentors. This is a great opportunity if you have any questions regarding computers, phones, tablets or the internet. Appointments are available in 1 hour slots between 10am - 3.30pm

All activities are free

15 OCTOBER
11 AM TO 1 PM

FRIDAY - POTTED HERBS IN THE GARDEN
Come and join our community garden team and learn about herbs, their culinary and nutritional uses and benefits and how to pot them up to take home. Enjoy fabulous garden vegetable soup for lunch.

Recipe of the month:

Winter Recipe – Beetroot and Chocolate Brownies

Ingredients

250g unsalted butter, cut into cubes
250g dark chocolate (about 70% cocoa solids), broken into pieces
3 eggs
250g sugar (rapadura or caster)
A pinch of sea salt
150g plain flour (wholemeal ideally but white works well too)
(optional) 100g roasted nuts (walnuts, almonds, hazelnuts or macadamias are all good).
250g beetroot, boiled until tender, cooled, peeled and grated. You could also use raw grated [beetroot](#), it will just add some crunchy texture and make the brownies less pink.



Method

Grease and line a shallow baking tin, approximately 20 x 25cm.

Put the butter and chocolate in a heatproof bowl. Melt in a double boiler (bring a saucepan of water to boil, placing the heatproof bowl on top but not touching the water, and melt the chocolate and butter together).

Whisk the eggs and sugar together in a large bowl until combined then beat in the melted chocolate and butter until smooth.

Combine the salt with the flour, sift them over the chocolate mixture, then gently fold in with a spatula or large spoon. Fold in the grated beetroot and nuts if using – be careful not to over-mix or it will make the brownies tough.

Pour the mixture into the prepared tin and smooth the top with a spatula. Bake for 20 – 25 minutes; when the brownies are done, the top should have a few cracks, but the middle will still be a bit soft.

Don't be tempted to overcook them or they will be dry. Remove the tin from the oven and leave on a wire rack to cool before cutting into squares

(Adapted from River Cottage)

Hello! (& End Note)

I've just started as the newsletter compiler and thought I'd check in and see how you are all doing? Our world has been topsy turvy since February 2020 when COVID 19 began to impact the globe. Despite all this our fabulous little Food Coop, its staff and many volunteers has managed to grow, not only in size but in membership. Did you know we have 145 members and sell over 220 different items - how cool is that!

The range of products that are in place are just astounding and its like walking into a Tardis and seeing the now three rooms full of all sorts of nutritious goodness. The micro-enterprise side of the Food Coop is also exciting with soaps, cleaning products, jams, pickles and all sorts of other goodies helping people experiment with little local businesses. Who would have thought that the Food Coop would be a business incubator!

So before I sign off I thought I'd leave a question with you. What do you want from your Food Coop? I've added a little link for you to hop into a Google Forms Survey which is anonymous. Take a moment and tell us what you think! <https://forms.gle/N74WYgj3WRh1XPd49>

Take care and see you next newsletter

Julia

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

