

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,
welcome to our Co-op news!

This newsletter gives you up-to-date info on what's happening in our shop and community, events, recipe ideas and book tips.

The first newsletter of the year, we say farewell to 2022 and welcome 2023. We extend a thank you and check in to our members and volunteers and celebrate summer with a book review on wholefoods, a recipe with coconut, Parrot Flats Farm fresh vegetable stall outside the co-op and the Community Gardens exciting new Local Growers Market...

Stay cool! Your Co-op team

FRIDAY 10AM-1PM
TUESDAY 1-5PM
SUNDAY 9.30AM-12.30PM

GARDEN TUCKER
DECEMBER 5TH
11.00AM-1.00PM

LOCATION
540 OLD FORCETT ROAD,
DODGES FERRY, OKINES
COMMUNITY HOUSE



[okinescommunityhouse.com.au/
wpms/foodcoop/](http://okinescommunityhouse.com.au/wpms/foodcoop/)



[@okinesfoodcoop](https://www.facebook.com/okinesfoodcoop)



Okines Food Co-op is a non-for-profit group in Dodges Ferry. We give members access to bulk, largely organic wholefoods, and support Tasmanian producers.

Acknowledgement of Country

We acknowledge that the Okines Food Co-op is run on the lands of the mumirimina people.

We pay respect to the traditional custodians and their ongoing connections to land, water, and community.

Sovereignty has never been ceded.

FAREWELL 2022, WELCOME 2023

Farewell to 2022

The co-op finished 2022 with busy days in the lead up to Xmas. We started opening on Fridays in Oct 2022 and this has been a great success with positive feedback and something we will continue. The following roles are some of the tasks volunteers took on throughout 2022: **cashiering/assistant, bottling food products, sterilising jars, leading smaller teams, newsletter book reviews and ingredient spotlights, shop maintenance and cleaning, collecting/delivering/unpacking stock, making signage and cooking/baking...** we would like to acknowledge the enormous efforts contributed by volunteers and extend a very huge thank you to all for their time and commitment in 2022. The co-op would not be an ongoing success without your **dedication, generosity and inspiration!!**

Hello 2023, the present and future

The co-op is proud to operate with strong values of community, ethically sourced products and collective learning. We strongly value our members and encourage ideas and feedback anytime. Throughout December and January, the Co-op facilitated a member survey seeking feedback. We thank you for sharing and will share the outcomes of the surveys in the coming weeks.

Please get in touch if you would like to request a specific product stocked! We encourage requests for products you would regularly purchase.

New members are always welcome. Please drop in store when we are open to find out how to become a member or volunteer.

Volunteer 4-6 hrs per month and receive a 15% discount!

Membership Renewals and Active Membership Volunteers

In February 2023, membership renewals with the co-op are due! Next time you come in to shop, you can renew your membership, prices are as follows:

Full member: \$20 (Feb 2023-Feb 2024)

Concession: \$15 (Feb 2023-Feb 2024)

Lifetime member: \$100 (no future renewals) This option is encouraged if you feel you will be shopping with us for the next few years and beyond!

If you choose to cancel your membership, please reply via email to let us know. You can renew at any time should you wish to become a member again in the future.

Active Membership Volunteers

The co-op would like to check in with our active members to confirm their active membership for 2023 with current roles and tasks.

If you would like to change your membership status (active to non-active or the reverse), please reply via email. If you are interested in taking on a new or different role/task, please email Danae, our volunteer coordinator on okines.coop.volunteers@gmail.com.

Interested in volunteering at the Co-op or taking on a new task?

The Co-op currently has the following tasks available to assist with:

- **Cashiering and shop assisting**
- **Cleaning**
- **Restocking - shop maintenance**
- **Stock Taking**
- **Computer based admin work**

Each month, two Co-op volunteers contribute to the newsletter. We would like to acknowledge Tim Duffy, Co-op Librarian, the author behind the book reviews and Madeleine Laing, Co-op Recipe Manager, the creator behind the ingredient spotlights! Enjoy Tim and Maddy's joyful work.

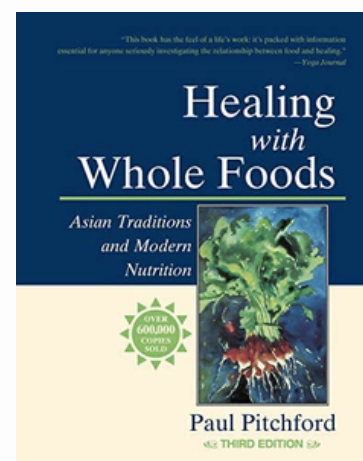
BOOK REVIEW

Healing with Wholefoods by PAUL PITCHFORD

This enormous book is a text that is part of a course in whole food healing. It is a fantastic introduction to the basis of Chinese medical thought and doctrine; Yin Yang theory and its application to health and harmony in the human body: interior/exterior, hot/cold, excess/deficiency. This expands then into the five element and organ system theory and how this relates to the seasons and food availability/suitability. In this first 300 pages you can digest these concepts and how the patterns that these polarities manifest in the body can be recognised and addressed using whole foods with a particular emphasis on vegetarian and vegan recipes and concepts. The character of the foods also falls into the Chinese medical paradigm with the characteristics of many of our core staples categorised under cooling or warming, promoting damp or dryness etc. Meats are part of some recipes, but only in the case of extreme deficiency patterns in the body.

The body of recipes come towards the end of the book, and they are categorised according to the food types that form the basis of the category: grains, breads, legumes, vegetables, seaweeds, soups, sauces etc and has a recipe locator too! (p596!) The point of the book is to consider the patterns that are prevalent within your body system (i.e., how you address your appetite and the physical signs that may manifest because of these habits). Its aim is to develop a flexible approach to your eating, such that you become more aware of the characteristics of the foods you eat in terms of their healing properties according to Chinese medical thought. It encourages seasonal awareness for foods to eat and ways to prepare foods. It outlines major patterns that are prevalent in western diets and how to counter their effects. It offers ways to enjoy eating – literally chewing strategies and timing of meals, food combining, ways to fast and purify and when to do this. There is also a basis in western nutritional science that underpins all the other aspects of this book. Chapters are included on diseases and dietary therapy and advice around feeding your children. This book formed the basis of my own approach to food and eating back in my twenties and I have enjoyed reconnecting with it again to form the scope of this book review. If you are interested in how an ancient system of healing approaches eating (it is not a Chinese cookbook mind you!) and health this is an excellent place to wet your feet!

Tim Duffy (Co-op Librarian)



INGREDIENT SPOTLIGHT

Coconut Milk Powder

Each month in the newsletter we want to spotlight an ingredient in the co-op, tell you a little more about it, and give you a recipe that will really make it sing.

This month, we're highlighting an awesome tropical ingredient for summer: **coconut milk powder**.

Why use coconut milk powder instead of coconut milk? Well, it's a tastier, vegan alternative to regular dairy milk powder, and it's also cheaper than most coconut milk you'll buy in a tin; 100g of coconut milk powder (approx. \$3 at the co-op) can make between 500ml - 1L of coconut milk (depending on your preferred thickness). It's also much lighter, takes up less space so is great for taking on camping trips and has a long shelf life!

Mix with cocoa powder, sugar and your favourite warm spices then just add hot water for an on-the-go vegan hot chocolate. You can also add coconut milk powder to curries, soups and sauces for a rich coconut-y flavour without adding extra liquid.

How to prepare:

Mix 2.5 tablespoons of coconut milk powder with $\frac{3}{4}$ cup of hot water. Stir to combine and add to your cooking, or enjoy for a hot drink!

Madeleine Laing (Co-op Recipe Manager)



RECIPE: VEGAN BURFI

Burfi (also called Barfi, barfee, or borfi) is not one specific recipe but a category of dense milk-based sweets from India, similar to fudge. They often contain dairy milk, condensed milk or milk powder, but for this I have substituted coconut milk powder and coconut milk (you could use another kind of non-dairy milk too, but it would not have the same flavour). If making your coconut milk using coconut milk powder, mix 2.5 tablespoons of coconut milk powder with $\frac{3}{4}$ cup of hot water before you start the recipe.



Ingredients

- $\frac{1}{4}$ cup coconut oil (or vegan ghee).
- $\frac{3}{4}$ cup coconut (or other non-dairy) milk (prepared as above)
- 2 $\frac{1}{2}$ cup milk powder
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ tbsp cardamom powder (or other spices)
- 2 tbsp chopped almonds
- 2 tbsp chopped pistachios (or other nuts)

- I. Grease and line a baking tray with baking paper.
- II. Add ghee and milk to a saucepan and warm on a low heat. Add the milk powder, and stir to combine. Add the sugar, and stir continuously until the sugar has dissolved.
- III. Keep stirring for ten minutes, until the mixture becomes thick and dough-like, then add the cardamom and stir through.
- IV. Transfer to the baking tray, and flatten out.
- V. Top with the chopped nuts, pressing them in lightly.
- VI. Allow to set for at least two hours, then chop into pieces (if your knife is sticking, try greasing it with coconut oil first).

Recipe shared by Madeleine Laing (Co-op Recipe Manager)

EVENTS AND ACTIVITIES

Local Growers Market, commencing Friday 3rd February

The Co-op is delighted to support this new initiative by the Garden, The Local Growers Market (formally referred to as the fresh produce co-op), opening Friday Feb 3rd at the Okines Community Garden! The Local Growers Market will purchase spray free/organic produce from local farmers and growers and sell it directly to the community.

The Local Growers Market will be open with the Co-op:

Friday 10am - 1pm

Sunday 9:30am-12:30pm

Tuesday 1pm - 5pm

Fresh produce can be purchased through the Co-op system with payment via eftpos or bank transfer accepted.

The Garden Team will send out an email every week to provide an indication on what produce will be available. We will post a weekly facebook reminder. Generally, the fridge and stores will be stocked on Friday morning. If you would like to see a certain product or more of something, please feel free to email ochigarden@gmail.com. The Garden are offering a small-scale delivery service for people who have limited transport availability. Please email ochigarden@gmail.com if you would like to enquire about delivery.

THIS WEEK AT THE LOCAL GROWERS MARKET

The Garden will have potatoes, silverbeet, basil, lettuce, cucumber, raddish, warrigal greens, dill, kale, carrots, zucchini, greens beans and FRESH garlic from the garden.

Official Local Growers Market Launch, Monday February 6th at 10:30am

The Garden are holding a morning tea to officially launch the Local Growers Market on Monday February 6th at 10:30am. Join the garden volunteers, the Okines Community and local growers and farmers as the Garden officially launch the exciting new program. A light morning tea will be provided. Due to the launch, **there is no garden tucker on this month, but we will open the co-op as usual from 11-1pm.**



Parrot Flats Farm has been setting up outside the co-op over the past few weeks selling their home grown fresh vegetables! Thank you to Alex for all the hard work you have done, we love your produce! A wonderful accompaniment to the co-op shop, you can see produce from the farm now at the Local Growers Market.