

APRIL 2022

# 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, events, recipe ideas and book tips.

Our April recipe gets us excited about holiday baking with honey and spice. Our book review inspires to more waste-free living, with the Easter break a great time to try new ways.

Enjoy reading,  
Your Co-op team



**OPEN**  
**TUESDAY 1.00PM-6.00PM**  
**SUNDAY 9.30AM-12.30PM**

**GARDEN TUCKER / FIRST**  
**MONDAY OF THE MONTH**  
**11.00AM-1.00PM**

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

**CONTACT**  
**okines.food.coop@gmail.com**  
**03 6265 7016**



[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.

# WHAT'S HAPPENING THIS MONTH...

## New products in our shop:

- goody balls
- raw buckwheat groats
- pecan nuts (trial)
- teff flour (trial)
- new chemical-free bread and cake flours, lower price than certified organic but still sustainably sourced (trial)
- surprise 'pop up' some Tuesdays before Easter: Sue's scones and Easter buns

## Tea special (just above cost price)

Spring Forth  
Korean Sencha  
Lady Grey  
Mint Green  
Pepperminty



## Call for donations

We are still in need of **scoops, camping mugs, measuring cups, or other utensils** to be used for stock bins.

We also need clean, re-usable small sized paper or plastic bags for shoppers.

Please drop off donations at the Co-op during opening hours.

## COVID-19 update

In line with current public health guidelines, facemasks and sign-in sheets / QR codes are no longer required to enter our shop. Limits on numbers in shop and physical distancing still applies.

## Co-op library: Extended loan period

You can now borrow books from our Co-op library for **four weeks**. In our library you find books on topics such as nutrition, waste-free living, recipe collections, and much more. To borrow a book, leave your details in the little booklet on the shelf next to our collection. Enjoy browsing!



## Closing Easter Sunday

Our shop will be closed for Easter on **April 17th**. Come and do all your Easter shopping now!

## Interested in becoming a supplier?

Are you a local friend of fermenting and pickling? Contact us if you are interested in selling your goods through our Co-op!

## Interested in volunteering?

The Co-op currently needs more

- Tuesday cashiers and shop assistants
- jar and bottle sterilisers

For an average of 4-6 hours of volunteering per month, you receive a **15% discount** on most of our stock!

Please contact us for more info.

# RECIPE OF THE MONTH: HONEY CAKE WITH LEMON AND CORIANDER

Co-op honey (or any honey, I suppose) will shine in this simple but delicious cake. Coriander seeds add a little interesting spice and floral note. This cake is from 'A Modern Cook's Year' by Anna Jones.

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## Ingredients for the cake

200g butter, at room temperature  
200g raw caster sugar or other sugar  
4 eggs  
150g spelt flour  
Zest and juice of 2 lemons  
6 tablespoons of honey  
1 tablespoon coriander seeds, toasted and rushed (you could also use ½ tablespoon of ground coriander)  
1 ½ teaspoons baking powder  
150g almond meal

## Ingredients for syrup (optional)

1/2 lemon  
1 tablespoon honey  
1 tablespoon toasted coriander seed



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## Method:

I. Preheat oven to 180 degrees. Grease and line a 24cm cake tin.

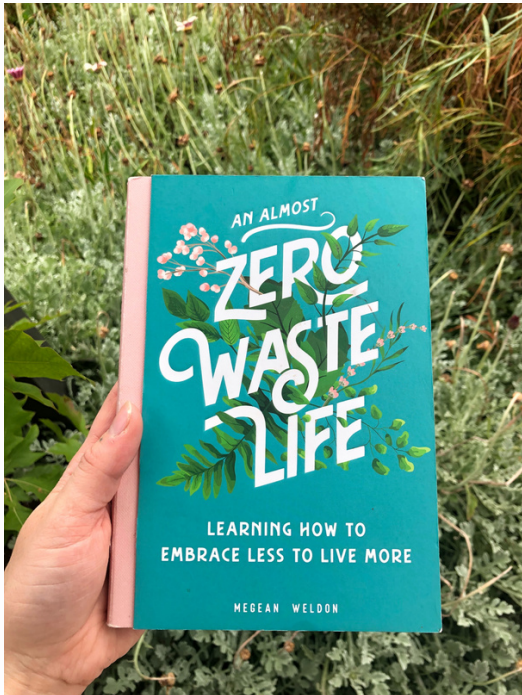
II. Beat the butter and sugar in a mixing bowl until light and fluffy - either with a mixer or a whisk and some elbow grease. Crack in one egg, add a tablespoon of flour, and beat until combined. Mix in the rest of the eggs. Beat in the zest, juice, and honey.

III. In a separate bowl, mix together the ground coriander seeds, the rest of the flour, baking powder and almond meal and whisk so there are no lumps.

IV. Mix the dry ingredients into the wet until all combine. Spoon into the prepared tin and smooth out the top. Bake for around 50 minutes until browned on top (the honey may make it brown too quickly, in which case cover with some foil and continue baking until cooked through).

V. Test with a knife or skewer, leave to cool in the tin. Pour a syrup made of the juice of half a lemon, a tablespoon of honey, and a tablespoon of toasted coriander seeds over the top if you want a little extra kick

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### **An Almost Zero Waste Life, by Megan Weldon**

This was a really wonderful and helpful read. 'An Almost Zero Waste Life,' illustrates how easy it is to make small changes for a big impact in your day to day waste without being unrealistic.

There are a few yummy recipes and instructions on how to make your own products such as shaving cream, deodorant and toothpaste. At the back of the book, there are a few challenges to start cutting down your waste in ways you may not have thought of yet, most helping you to save a little money too.

Over all, a progressive and easy book to read. Recommended for anyone and everyone!

## EVENTS AND ACTIVITIES

### **Garden Tucker, April 4th from 11.00 AM - 1.00 PM**

Garden Tucker lunches happen at Okines on the first Monday of the month. Come and enjoy the friendly atmosphere of our beautiful community garden. The Co-op is open for shopping, too!

We prepare a meal and do some gardening together, listen to live music, and share a free lunch. You don't need to book to attend this event.





TRADITIONAL WEAVING,  
CULTURE AND CONNECTING  
THROUGH STORY

*with first  
nations weaver  
Jaye Clair*

Join Saltwater Woman Jaye Clair; (Koorabubba), Yanyuwa, Garawa, Gangalidda, for a journey into learning the practice of traditional weaving whilst sharing story & conversations around First Nations people, culture, history and connecting to Country. Enjoy an easy walk on Country to gather materials and inspiration. Saturday 30th April // 10am - 3pm Okines Community Garden// \$50 // BYO Lunch Bookings: 6265 7016 [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)




OKINES COMMUNITY HOUSE

# Pastry making Workshop

WITH SUE METZLER

1st April 2022  
10 am till 2pm  
\$30 per head




Ever wanted to bake wonderful short and flaky pastry? Learn how with Sue: Home made pastry that tastes great and gives you a feeling of achievement

We will cover short and flaky pastries, savoury and sweet. A light lunch will be provided.

To book please ph: 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

DIGNITY's overarching aim is to improve people's wellbeing and quality of life through the creation of garden communities that are welcoming and well-equipped to support people with health and social needs. We aim to provide a therapeutic, supported environment for community members with physical or mental disabilities, cognitive constraints, and those who are socially isolated due to grief, chronic conditions or other reasons.



<p><b>gardening</b></p> 	<p><b>art</b></p> 
<p><b>community</b></p> 	<p><b>therapy</b></p> 

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.

**Thursdays weekly from 3rd March @ Okines Community Garden 10.30-13.30**

**FREE! All ages and abilities are welcome!**

Volunteers needed! Get in touch:



Email: [dignity.garden@gmail.com](mailto:dignity.garden@gmail.com)  
Phone: 0472722118  
Website: [www.dignitygardening.com](http://www.dignitygardening.com)

## INTERESTED?

If you would like to join any of these events, or want to find out how to organise your own, please contact the **Okines Community House**:

phone: 6265 7016  
email: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)