

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our August-September news!

Our newsletter is going bi-monthly! We'll continue to give you up-to-date info on what's happening in our shop and community, upcoming events, and recipe ideas and book tips.

In this newsletter we celebrate Jill's 10 year anniversary with the co-op!

We also spotlight olive oil with another gorgeous cake recipe, and review a book full of useful substitutions!

Wishing everyone a warm winter,
Your Co-op team



OPENING TIMES

SUNDAY 9.30AM-1.30PM
FRIDAY 9:30AM-1:30PM
TUESDAY 1-5PM

LOCATION

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

CONTACT

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

Full [stock list](#) and [prices](#)
available on our website:



[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...

CELEBRATING 10 YEARS WITH JILL

Most of you know Jill our dedicated co-op coordinator. February this year marked Jill's ten year anniversary and we would like to congratulate her on this time with the co-op!! Jill has been a strong foundation of the co-op from the very beginning and throughout the years of its evolution. We would like to extend an enormous thank you to Jill for her commitment, tireless efforts and dedication to the co-op. Jill has supported the the co-op as a place of connection and we are grateful for her community spirit and generosity. If you see Jill around the co-op wish her a congratulations!

SAYING FAREWELL TO DANAEE

Now I would like to say thank you and goodbye to Danae. She is moving on from assisting at the co-op to have fun and adventures in India. I shall greatly miss her smile, her calming presence and invaluable help. Many thanks for all you have contributed and happy travels, Jill



🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿🌿
CLEARANCE STOCK: Oat bran, semolina and quinoa flakes are all on special!

OUR LOCAL OLIVE OIL!

Okines stocks olive oil from Platypus Creek in Orielton when available, and have also just started sampling oil from new suppliers Erin and Robbie in Sorell, more info on suppliers to come in the future!

Both suppliers use high-quality ingredients and operate on a comparatively tiny scale, which, both price and flavour wise, makes our olive oil more of an indulgence than imported bulk oil at the supermarket.

Unlike wine or vinegar, olive oil is best when fresh and loses its rich perfume over time, before becoming rancid after 12-18 months – which is why buying local organic olive oil makes all the difference.

Olive oil is featured in our ingredient spotlight, showcasing a lovely Olive oil, Orange and Ricotta cake on page 5.

Madeleine Laing, Co-op Recipe Manager



MEET THE VOLUNTEER!

Meet **Yasmin Mund**, Okines volunteer photographer and cashier. We asked Yasmin a few questions about her with the co-op.



Why do you volunteer in the co-op?

To support something so incredible in our community that aligns with my values of quality, local, organic produce, reducing food packaging and providing a greater level of access to quality food in our community.

What do you love most about your role?

Learning new recipes and tips from shoppers!! The feeling of contributing to something so beneficial for the community. Meeting the other volunteers and members and getting to know people as they return shop.

MONTHLY FORUMS

Thank you to Brendan Fuller for organising the forums, coffee shop and live music which the co-op supports. If you have any questions or want to get involved, reach out to Brendan.

July's Forum went ahead despite the bitter cold. It was that cold that we don't think any of us can remember what we talked about, but as always, the afternoon tea was superb!

The next forum will be presented by Reconciliation Tasmania

WHEN: Tuesday, August 8th 2-4pm
WHERE: Community House meeting room
TOPIC: Voice to Parliament

2:00 Welcome
2:10 Understanding the Voice
2:45 Light afternoon tea
3:00 Conversation Table
3:55 Thank you to the participants, close

The event is open to everyone in the community. Plenty of seats available and no bookings required. Please bring something for afternoon tea to share, the Co-op will provide complimentary tea and coffee.

See full flyer on page 6.



CO-OP COFFEE SHOP

The Coffee Shop is open every Tuesday from 1-4pm. We serve free espresso. Come along, if you want try your hand at Scrabble and enjoy the relaxed atmosphere.

LIVE MUSIC

August Blackboard will be on the 22nd, from 2-4pm.

Last month we had another great afternoon of music. Tom and Jenny were the highlight with singing and playing their ukuleles. Steve and Brendan also played.

If you or someone you know would like to play come on down.

OKINES COMMUNITY GARDEN UPDATES

VEGGIE BOX PROGRAM

Don't forget you can now purchase local spray free produce online via the

Open Food Network

<https://openfoodnetwork.org.au/okines-community-garden-veggie-box-program/shop>

Orders open on Monday 6pm and close on Wednesday 10am. Your order will be packed in a box ready for pick up at the Okines Community House from 11am on Friday. Our growers and farmers are having a well earned rest ready for a big spring so you may not see a whole of produce over winter.



GARDEN WORKSHOP SERIES

Sow your own / grow your own

Monday 11th Sep 10am - 12pm

Next in the Okines garden workshop series, learn seasonal sowing of seeds, companion planting for disease prevention and create your own seed raising mix from scratch.

This workshop is free for those who need it, donations are greatly appreciated.

Bookings: 6265 7016
info@okinescommunityhouse.com.au

Seeking olive oil drum donations for the community garden!



DO YOU WANT TO VOLUNTEER WITH THE CO-OP?

Currently we need volunteers for the below:

- **Cashiering**
- **Bottle and jar sterilising**

If you are interested in either of these tasks please get in touch by dropping into the co-op during opening hours or emailing okines.coop.volunteers@gmail.com

BOOK REVIEW

Abundance

by Tanya Hubbard

Abundance caught my attention as all recipes are gluten and grain free. It also includes recipes that are nut, dairy, egg and sugar free, and sometimes all in the one recipe e.g. sunflower, honey & cinnamon biscuits. As such, many of the “starch based” ingredients are replaced with a type of seed, like pepitas, sunflower seeds, chia seeds, besan/chickpea flour, and almond meal.

The hints from the cook section are full of good tips and there is an excellent page (21) on measuring and weighing that converts “cup” sizes to grams for certain ingredients (of which the author's philosophy is to use a handful of ingredients lots of different ways).

I would suggest this book for people who are particularly after the grain free approach to their cooking as this is the pivot point for this book compared to other “healthy choices” cookbooks.

We made a pepita and chia seed bread and it was good with cheese or a dollop of peanut butter or honey, but it was not a “bread” in the common parlance of the word. My experience of this recipe left me thinking that much of the food is probably a bit dense due to its grain free nature.

The layout is a photo on the left spread then the recipe on the right spread, each new set of info generally taking up a double page spread. Some have described the photography and layout as a bit 80's - legwarmers are back so why not layout and photography?

Tim Duffy, Co-op Library Manager



INGREDIENT SPOTLIGHT: OLIVE OIL

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 ingredient that can be both every-day AND luxurious: **olive oil**.

Olive oil is traditionally made by crushing olives in large stone mills pressing them slowly over a period of hours – but modern methods involve using a centrifuge to more quickly separate the olive pulp from the oil. Long thought to be one of the secrets behind the health and longevity of people in Mediterranean countries, olive oil contains antioxidants and monounsaturated fatty acids (which could help heart health) and vitamin E and K.

You might want to keep it for dressing salads, dipping bread, or even on top of good vanilla ice cream (try it!) However, this simple orange, ricotta and olive oil cake is the perfect vehicle for the rich, perfumed flavour of fresh and delicious olive oil, complimented by creamy ricotta and sharp oranges.

Madeleine Laing, Co-op Recipe Manager

Ricotta, Orange and Olive Oil Cake

This is a favourite recipe from the ever-reliable cookbook author and local food blogging superstar Julia Busuttill Nishimura. It was published in her latest cookbook, 'Around the Table'.

Ingredients:

- 250g caster sugar
- zest of 1 orange
- 3 eggs
- 100 ml freshly squeezed orange juice
- 150 ml extra virgin olive oil
- 250 g (1 cup) fresh full-fat ricotta
- 250 g (1 ⅔ cups) self-raising flour
- pure icing sugar, for dusting (optional)



Instructions:

1. Preheat the oven to 200°C (180°C fan-forced). Grease and line a 23 cm round cake tin.
2. Place the sugar and orange zest in a large bowl. Rub the orange zest into the sugar until it is damp and fragrant. Whisk in the eggs until combined. Add the orange juice and pour in the olive oil.
3. If you've purchased a specialty ricotta from the deli, rather than the supermarket, or made your own, it may be slightly dry. If so, add a little hot water to loosen it, then mash it with a fork and add to the mix (supermarket varieties should be sufficiently creamy).
4. Whisk it all together, then gently mix in the flour until just combined.
5. Pour into the prepared tin and bake for 45 minutes or until a skewer inserted into the middle of the cake comes out clean. Allow the cake to cool in the tin for 10 minutes, then remove from the tin and cool on a wire rack. Once cool, dust with icing sugar if desired, then serve.

EVENTS & ACTIVITIES

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



Okines Community House inc.

Invitation to the Voice Forum

Where: Okines Community House, 540 Old Forcett Road.

When: 8th August 2023

Time: 2pm-4pm

Hosted by Melinda Reed

The upcoming referendum on the Voice will be one of the most important votes ever to be put to the Australian people.

To help people understand the issues involved, and to make an informed decision, Okines Community House have arranged for Reconciliation Tasmania to present an encompassing session at Okines Community House.

Understanding the Voice, and Conversation Table will be informal presentations where participants can gain information, and ask questions.

Please bring a light morning tea to share.

Tuesday August 8th

2:00 Welcome

2:10 Understanding the Voice Workshop. Presented by Reconciliation Tasmania

2:45 Light afternoon tea (please bring something to share)

3:00 Conversation Table. Presented by Reconciliation Tasmania

3:55 Thankyou to participants, Close.

The Voice Forum is designed to help you gain a clearer understanding of the issues involved, and to help with your decision making.

We look forward to seeing you at the Voice Forum.

Plenty of spots still available

Ph. Mobile 0468 905 340

For further information on Reconciliation Tasmania go to, <https://rectas.com.au/voice-referendum-programs>

EVENTS & ACTIVITIES

OKINES
Community Garden

GARDEN WORKSHOP SERIES

Hot Composting Success

Monday 8th May 10am - 12pm

Reduce your household waste to lower your carbon footprint and create an amazing resource for your own garden.

Soil Health / Planet Health

Saturday 10th June 10am - 12pm

Learn about the soil web beneath your feet and what creates healthy soil for healthy plants the planet and us humans

Sow your own / grow your own

Monday 11th Sept 10am - 12pm

Learn seasonal sowing of seeds, companion planting for disease prevention and create your own seed raising mix from scratch.



This series is free for those who need it, if you have the capacity to make a donation to the office, that is greatly appreciated.

BOOKINGS: (03) 6265 7016
info@okinescommunityhouse.com.au

540 Old Forcett Rd
DODGES FERRY
TAS 7173

OKINES
Community Kitchen

Free veggies, groceries and hot meals

The Okines Community Kitchen is an inclusive space where anyone can pick up free veggies and groceries, enjoy a hot meal and a chat.

OPEN every Wednesday
5:30pm - 7pm

Delivery of food may be available
Call/text 0431 123 486
or email ochigarden@gmail.com

Located at 540 Old Forcett Road
Dodges Ferry



Okines Community House
540 Old Forcett Road, Dodges Ferry
(03) 6265 7016

Let's do
LUNCH



EATING WITH FRIENDS (EWF) at Okines Community House

Held on the last Friday of each month - \$7 for a delicious 2 course meal

Bookings are essential, please advise if vegetarian option required

Ph. (03) 6265 7016 or email info@okinescommunityhouse.com.au

540 Old Forcett Rd, Dodges Ferry (next to the DF Primary School)