

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.

In August, we warmly welcome our new Co-op assistant Danae! We invite you to try DIY home cleaning products and read a pretty book on human connections to this planet. Sit back with a nice bowl of sweet, delicious black barley pudding and enjoy reading!

Your Co-op team



OPEN
TUESDAY 1.00PM-5.00PM
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:

- new range of flours from Wholegrain Millers: chemically - free and sustainably grown (not certified organic)
- Tasmanian hazelnuts are back in

Liquid Concentrate by Clean Conscience

Make your own cleaning products with our all-in-one Liquid Concentrate. You can use it for dishwashing liquid, laundry cream, floor wash, or hand and body wash. See some ideas below. More printed recipes are available at our shop.

Washing dishes

For washing by hand, use undiluted and just squeeze generous amount into sink under running hot water. For your automatic dishwasher, add 2 tbsp (30ml).

General purpose cleaner

To clean your bath and all porcelain surfaces, Combine 250ml of liquid concentrate and 250ml of water in a spray bottle. For heavily stained surfaces, apply and leave for 30 minutes. Optional: Add 1 tsp of essential oils.



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!

Coming up in September: Peanut Feast

To celebrate the one-year anniversary of our peanut butter machine, we are hosting a peanut-themed Garden Tucker September 5th. Send us your favourite peanut recipes and join to party!

Interested in volunteering at the Co-op?

The Co-op currently needs more

- cashiers and shop assistants
- jar and bottle sterilisers
- fortnightly stocking assistance in shop

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.

Meet our new Co-op assistant Danae

Hello, my name is Danae and I am looking forward to taking on the role as Food Co-op Assistant at Okines Community House following Amelie's departure.

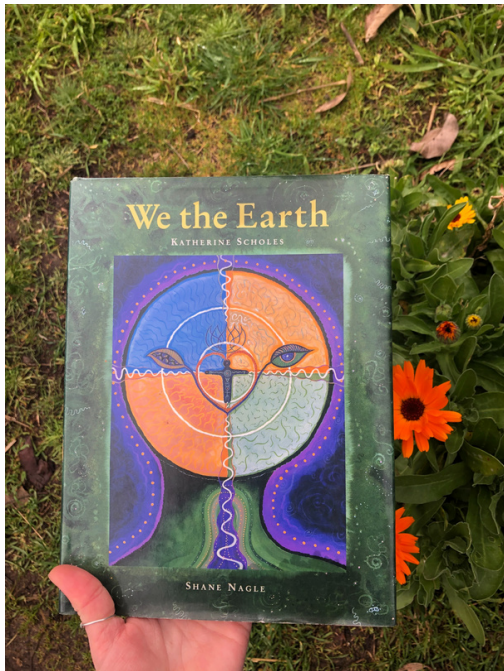
I relocated to the beautiful Tasmania in May and started to volunteer at Okines in June to get to know the local community. I have experience working in the field of nutrition and have a passion for sustainable food systems and making healthy food more accessible to the community.

My new role at the Food Co-op aligns with my values of community engagement and collaboration to support a healthy and sustainable food system.

I look forward to being a point of contact for volunteers and meeting more of the community around the Food Co-op.

Keep an eye out you will usually catch me with a smile.





We the Earth, by Katherine Scholes

We the Earth by Katherine Scholes is an illustrated book for all walks of life. It is a beautiful recollection of our connection to the earth, how we lost it, and how we can get it back.

The illustrations by Shane Nagle are beautiful, spiritual and colourful. They help guide you through the book alongside the text. The combination of the two is very peaceful and inviting.

I found this book to be incredibly important. It shares what many of us disregard in day-to-day life; the true importance of connecting to our planet, through which we can find so much peace.

INGREDIENT SPOTLIGHT

Black barley

Each month in the newsletter we want to spotlight an ingredient in the Co-op that you might not have used before. This month it's the ancient parent of a favourite grain: black barley.

Black Barley available at the Co-op: organic, U.S.A.

Characteristics: Barley is one of the oldest cultivated grains in existence – farmed as early as 4500 BC, in West Asia and North-East Africa. There are three kinds of barley: pearl barley, pot barley and black barley. Pot barley is a fibre-rich, unhulled barley, pearl barley is hulled (which makes it less chewy and quicker to cook), while black barley is naturally unhulled, so has the best of both worlds! While regular barley (like many grains) has been modified to improve its yield and other characteristics, black barley is a heirloom grain and has more in common with those ancient varieties. As well as adding an interesting different colour to dishes, it also has a nuttier, richer taste than pearl barley.

Uses: Black Barley can of course be used anywhere pearl barley can – it's especially striking in salads, clear soups or stuffing. However, you can also start to think outside the box and use black barley when you also might use rice – like a pilaf, a risotto, or the modified rice pudding such as the recipe included here.



RECIPE: TOASTED COCONUT BLACK BARLEY PUDDING WITH STICKY DATES

Note: this recipe includes instructions on making your own toasted coconut milk, but you can substitute for regular coconut milk, and maybe scatter some toasted coconut flakes on top if you prefer. This is adapted from a rice-pudding recipe, which is why the picture is of a white pudding rather than black!

Ingredients:

For toasted coconut milk :

200g coconut flakes
pinch of salt

For the pudding:

butter or coconut oil (for greasing)
100g black barley
70g g brown or coconut sugar
1 tsp vanilla paste

For the dates:

150g medjool dates, pitted
90ml sherry (non-alcoholic substitutes:
apple cider vinegar or juice, if using juice
use less sugar)
2 tablespoons dark brown sugar
50ml water



I. Preheat oven to 220 °C.

Spread coconut out over a large roasting tray and toast for 5-10 minutes until deep golden all over (but not burnt, so keep checking it!).

II. Put 1L of water into your blender. Add the toasted coconut and salt and blitz on highest setting for 2 minutes (until as smooth as possible). Strain through a clean cloth set over a bowl.

III. Turn the oven down to 170°C and grease a 20 X 20cm brownie tin. Mix the black barley, sugar, vanilla, 750ml coconut milk (the rest can go in a jar in the fridge for later use), and 350ml water and stir well. Tip the barley into the tin and bake for 2 hours, stirring three or four times and checking after 90 minutes for texture.

IV. Tip the barley into the tin and bake for 2 hours, stirring three or four times and checking after 90 minutes for texture.

V. About 20 minutes before you're ready to serve the pudding, place the dates in a small lidded saucepan with the sherry (or vinegar/juice), sugar and water over a low heat. Stew until soft.

VI. Serve black barley pudding in bowls with a little extra coconut milk if desired, and stewed dates on top.

A NOTE FROM JILL

Farewell and Thank You

It is with considerable regret that Okines is to lose Amelie Fuller as a staff and community member. She began her amazing contribution as a dedicated volunteer in the Garden and Co-op in 2018, and became a staff member as my assistant in the Co-op during the Covid lockdown in 2020.

Amelie's passion and aptitude for gentle, considered communication with, and care for everyone she encounters is extraordinary, and has had a positive effect on all of us.

On a professional level, I and the Co-op are indebted to her for the effective way she has managed our many volunteers, as well as her exemplary administration skills.

On a personal level, her compassion for others, her ethics and ability to combine gentleness with discipline whilst adhering to her principles have been an ongoing lesson for me. Not forgetting her delicious cakes!

I have the utmost respect for Amelie's integrity, and wish her and Bert all the best for their future endeavours.

Jill

EVENTS AND ACTIVITIES

Garden Tucker, August 1st, 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.



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

NEIGHBOURHOOD HOUSES TASMANIA
CONFERENCE 2022

Sustainable Living

We are excited to let you know about the upcoming Neighbourhood Houses Tasmania Conference for 2022.

This year, Okines Community House in the role of host house, is pleased to be working with Neighbourhood Houses Tasmania and Community Gardens Australia to present an exciting conference line up in the theme of "Sustainable Living". The conference is being held at the newly opened Iron Creek Farm Stay from 21 to 23 September.



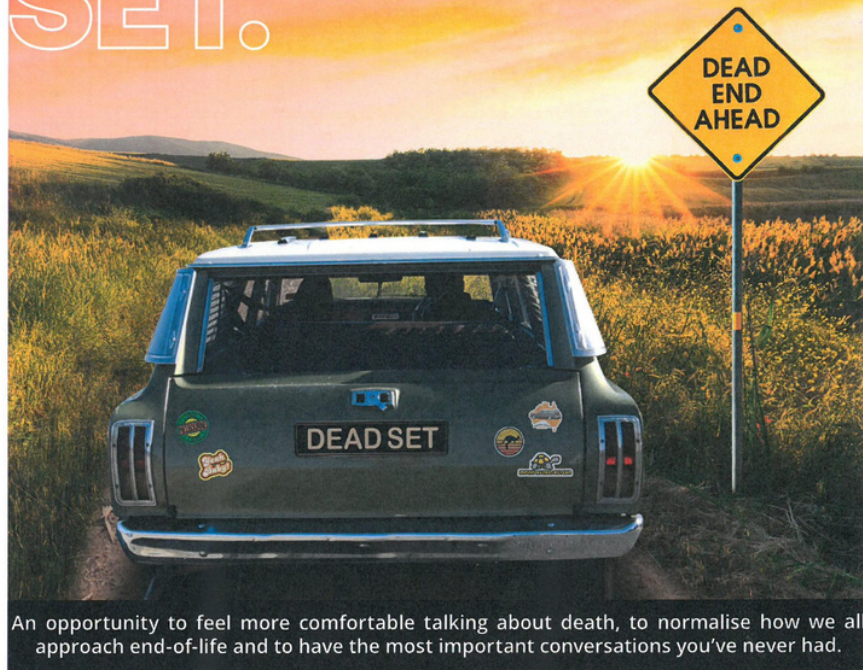
Exploring the NHT Conference venue at the fabulous Iron Creek Bay Farmstay

The formal program will be out shortly so keep an eye out for that. In the meantime we are calling for volunteers who would be willing to assist us with a variety of admin and catering tasks during the Wednesday and Thursday of the conference.

If you are interested in volunteering or require further information please contact the office via info@okinescommunityhouse.com.au or phone (03) 6265 7016.

GET
DEAD
SET.

*Dying
to Know
Day* 8 August



An opportunity to feel more comfortable talking about death, to normalise how we all approach end-of-life and to have the most important conversations you've never had.

WHEN

- Monday 8th August
- 12:00am – 2:30pm
- FREE event (soup and Sandwiches provided)

WHERE

- Okines Community House, 540 Old Forcett Road, Dodges Ferry

CONTACT

- hannah.butler@pct.org.au or call 0447 240846

GUEST SPEAKERS INCLUDE

- Mary Eleanor Family Funerals (Death Doula/Coffin Display)
- Palliative Care Tasmania
- Plus other guest speakers

REGISTER

- pallietas.org.au/event/dying-to-know-day/



CHINESE
COOKING CLASS
WITH
SHARON SOO

SATURDAY 3RD SEPTEMBER
10:30 - 12:30

SWEET AND SOUR CHICKEN OR TOFU DISH
FRIED RICE
CHINESE MUNG BEAN DESSERT

JOIN SHARON FOR AN EXCITING TRADITIONAL CHINESE COOKING CLASS \$45 PP
REWARD YOUR EFFORTS WITH A DELICIOUS MEAL AT THE END OF THE CLASS

Bookings: 6265 7016
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