

DECEMBER 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 and community, events, recipe ideas and book tips.

The final month of 2022 is upon us and we are celebrating the holiday season by tradition with lots of delicious food! Christmas themed Garden Tucker, fruit cake and recipe sharing... Merry Christmas!



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**

**CONTACT**  
**[okines.food.coop@gmail.com](mailto: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 for Christmas:

- Muscatel raisins on stem
- Citrus peel
- Medjool dates organic
- **SPECIAL on dried figs**

### New products from November:

- Wheat grain WHOLE (grind for bread flour!)
- Freekeh cracked (cooks faster than whole grain) & Farro roasted - **TRY FOR XMAS STUFFING!** - you could also try red rice, black barley and spelt grains as alternatives

### Christmas Closing Times

The Co-op will be taking a break over the Christmas and New Year period from **Saturday 24th December to Monday 8th January 2023**. Final open day will be **Friday 23rd December** with the first open day in the new year **Tuesday 10th January**.

### Orders for Christmas

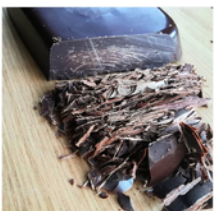
If you would like to make a bulk order (3kg or more) in time for Christmas, please send through your order by **Friday 2nd December**.

### Taking Requests for 2023!

Do you have a product you would like to request to see in the Co-op in the new year? If so, please get in touch. We encourage requests for products you would regularly purchase.

### Wild Craft Tasmania Ceremonial Cacao

Ceremonial cacao is made from the **whole** cacao bean including cocoa solids (powder) and the butter. Wild Craft Tasmania is stone ground locally and we would like to know whether our members are interested in the Co-op stocking this product. Please let us know by responding to our newsletter email. You can learn more about the product by visiting their website: [wildcrafttasmania.com](http://wildcrafttasmania.com)



### Sharing our Love for Homemade Food

Events at the Co-op always feature beautifully homemade food by members of our community. We are frequently asked for copies of the recipes. To easily share recipes the Co-op has a recipe folder on display. Please help yourself to copies of recipes and if you have one you would like to share, email through to us or add yourself! Particularly any Christmas recipes! If you notice you are taking the final copy, we encourage you to photocopy in the Okines house. We can also add your recipes to our facebook page!



Recently we had our member Sue bake delicious lemon and date scones that were sold through the Co-op. **If occasional baking for sale is something you would be interested in doing please let us know!**

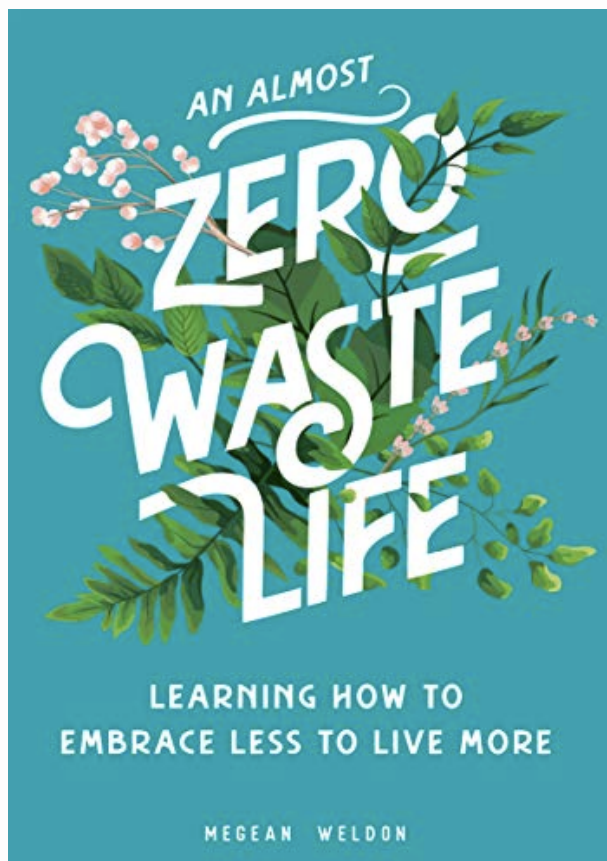
### Reflecting on 2022...

During December the Co-op would like to receive feedback from our valued members about how the Co-op is going, areas for improvement and future ideas. We will be sending out an online Survey through Survey Monkey and the feedback will be anonymous. Please keep an eye out for the survey email and we thank you in advance should you choose to participate.

### An Almost Zero Waste Life by Megan Weldon

The book provides a great idea through lists of actions you can undertake and a way to analyse your life in order to reduce your participation in the use of products that have “waste” attached to them (i.e. packaging or are made of materials that become part of the waste stream). It does not provide a comprehensive set of items you should purchase (what would be an exhausting list), but rather provides a structured way of combing through the activities of daily living (washing, cleaning, shopping, gifts and travel) in order to find your way of addressing how you can reduce the waste associated with those activities. This structure is provided through the order of the chapters (the book finishes with chapter 10 - 30 steps to Zero waste challenge). Highlights I liked were the Grocery Shopping chapter - really good simple advice on how to start the journey of setting up your kitchen to accommodate whole food storage and lists of foods that can replace processed ones as well as the list of sustainable gift ideas.

Whilst there is a degree of repetition that I found a bit tiring at times, coupled with the lack of examples of actual items I wanted to know about (e.g. a washing up scrubber), the book makes up for this by aiming at the more general approach and covering just about every area of life! However, having said that, Zero waste does do specifics - the “Beauty” section of the Bathroom chapter has interesting recipes for deodorant, shaving cream, dry shampoo, hair promenade and spray and a set of make up options too. There are small recipes for home made cleaning products in later chapters too. I did not make any of these items, but I think I will investigate the shaving cream! Zero Waste aims at being an adjunct to the journey, a guide, literally as the subtitle says; “learning how to embrace less to live more” . .



It is a practical how to, there is little to no philosophy or explanation as to why (i.e. global issues are not elaborated upon) in it and so has a very positive vibe. The reader is left to find the items that are available to them in their area (check out the coop shelves or stock list to get your journey started!). This book was not my favourite read, but I have been engaging in this attempt for a couple of decades already, so perhaps I have a perspective that is more ‘expectant’ than your average “starter” on this journey! However, if you have the appropriate guilt when you put your rubbish out each week and think “how can I be the change I want to see in the world” then this book is a very good place to start your waste reducing journey.

# INGREDIENT SPOTLIGHT

## Dried Fruits

The food Co-op currently stocks a range of dried fruits including:

- Apricots
- Banana strips
- Red glaze cherries
- Citrus peel
- Cranberries
- Currants
- Glaze ginger
- Dates
- Figs SPECIAL ON NOW
- Mango
- Peaches
- Prunes
- Raisins
- Sultanas



Dried fruits have been dehydrated which removes the water content leaving behind the nutrients and fibrous portion. It has been recorded that drying fruit dates back to fourth millennium BC in Mesopotamia for the purpose of preservation, nutrition and that concentrated sweet taste. Dehydration methods have not changed a great deal over time and range from sun drying, naturally drying or use of dehydration machines.

The benefits of dried fruit include the concentration of nutrients, such as iron in dried figs, the high fibre content, natural sweetness which can be used in cooking and long shelf life. The extended shelf life allows fruit to be consumed all year round when the fresh option is out of season or unavailable and is a great travel snack! (Think multi days hikes and long plane trips with the family...).

Christmas time is upon us and dried fruits have become a tradition of the time being used in the humble Christmas cake or pudding and securing a space on the cheese board... **check out the following recipes in our recipe folder for dried fruits: pan forte, fruit/peanut butter balls and chewy puffed rice bars...**

We encourage you to come into the Co-op this month and stock up on your supply of dried fruits for the season! You can purchase a bulk supply of 3kg or more (for that dense fruit cake...) and receive an additional 8% discount. **Also, there's a SPECIAL on dried figs!**

Enjoy the traditions of December where delicious food and company is shared among community. Merry Christmas!!



## RECIPE: GRAPPA FRUIT CAKE

Ok, we don't sell Grappa at the co-op, but considering it's made from the stems, seeds and skins leftover from wine production, it does fit in with our low-waste principles. However, basically all the other ingredients for this easy Christmas-cake-with-a-kick can be found in our bulk bins. This is a Yotam Ottolenghi and Helen Goh recipe, from their cookbook 'Sweet'.

Grappa isn't for everyone, so you could substitute it for brandy, Grand Marnier or Cointreau (or apple or pear juice for a non-alcoholic option).

### Ingredients:

- Butter, for greasing
- 50g sultanas
- 50g currants
- 30ml grappa (or substitute above)
- 2 small eggs, lightly beaten
- 125g caster sugar
- 1 tsp vanilla seeds
- 60g Greek yoghurt
- 75ml oil (sunflower, olive, coconut)
- Zest of one lemon
- 35g citrus peel, plus extra for garnish
- 120g plain flour
- ½ tsp baking powder
- Pinch of salt
- 120g icing sugar
- 1 tbsp lemon juice
- 1 ½ tbsp grappa (or other alcohol substitute)



I. Grease your chosen cake tin (the picture above is fluted muffin tins, but a normal muffin tin works fine, or you could use a loaf or square tin). Preheat oven to 195 degrees C.

II. Combine the sultanas and currants with the grappa or substitute of your choice in a small bowl. Leave for 10 minutes.

III. Whisk together the eggs, sugar and vanilla seeds in a large bowl. Add the yoghurt and oil and whisk again, then add lemon zest, citrus peel, dried fruit and alcohol mixture. Stir to combine.

IV. Sift the flour, baking powder and salt into the wet mix, gentle fold to combine.

V. Spoon your cake mixture into your chose tin. If you're making small cakes, fill two-thirds of the tin, if using one big tin, fill three-quarters.

VI. Bake for 55 minutes for a large cake, 16 minutes for small. Test with a skewer inserted into the middle - if it comes out clean, it's ready. You can also gently push down on the top and see if it springs back. Cool for 30 mins.

VII. To make the icing, place the icing sugar, lemon juice, and alcohol or substitute of your choice in a bowl and whisk until smooth.

VIII. Gently turn the slightly warm cake (or cakes) out onto a wire rack, spread the icing on the top, letting it trickle down the sides. Top with chopped candied peel. These cakes keep for 4 days in an air-tight container (though the icing will start to 'wrinkle').

EVENTS AND ACTIVITIES

**Garden Tucker Christmas Celebration - Monday December 5th 12pm**

Join us as we celebrate our amazing garden and our wonderful community at the final Garden Tucker of the year, Monday the 5th of December. Come for the regular Garden Tucker working bee (from 9:30am) and join us for a shared lunch (12pm) or just drop by for some hearty food and a chat. Bring a plate to share if you would like or just bring yourself (see event flyer below).

**Free hot composting workshop Monday 12th December 10am - 11am**

Come and learn all about composting with our amazing gardener, Donna. Composting is a great way to return organic matter and nutrients right back into your garden as well reducing landfill. It's on Monday the 12th of December, 10am - 11am and its free! (see event flyer below).

**OKINES**  
*Community House Inc.*

**HOT COMPOST WORKSHOP WITH DONNA  
AT OKINES COMMUNITY GARDEN**

Monday 12th December  
10am - 11am  
Free

Learn how to:

- Process bulk organic matter to create a quick resource for your garden.
- Reduce Landfill
- Learn the importance of carbon, nitrogen, water & air ratios

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

540 Old Forcett Rd  
DODGES FERRY  
TAS 7173

**OKINES**  
*Community House Inc.*

**CHRISTMAS CELEBRATION AND  
GARDEN TUCKER**

MONDAY 5TH DECEMBER  
9:30AM- 1PM

**We want to celebrate with you!**

As a valued volunteer of the House / Garden / Food Co-op, come and join us to celebrate a wonderful year and an engaged, connected community at our December Garden Tucker. Come for the regular Garden Tucker working bee (from 9:30) and a shared lunch or just lunch (from 12). Bring a plate to share if you would like to or just yourself!

Okines Community Garden  
540 Old Forcett Rd  
DODGES FERRY  
TAS 7173

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



Okines Community Garden → Dodges Ferry

**Upcoming dates:**

TUESDAY 18TH OCT  
AND  
EVERY THURSDAY  
STARTING 27TH OCT  
UNTIL 15TH DEC

10.30am - 1.30pm

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. All ages and abilities welcome. This is a free event.



Email: [dignity.garden@gmail.com](mailto:dignity.garden@gmail.com)  
Phone: 0434298445  
Website: [www.dignitygardening.com](http://www.dignitygardening.com)

**OKINES COMMUNITY HOUSE PRESENTS:**

**CERAMICS WITH RED OCHRE STUDIO**

**Saturday 26th November 3pm - 5pm:**

**Xmas decorations**

**Saturday 11th February 3pm - 5pm:**

**Tea Light Holders**

**\$35 per class**

Join Ochre in the garden for some clay play.

Take some time out to feel the earth between your fingers.

On the 26th of Nov - we will be creating Christmas decorations just in time for the festive season, and delightful Tealight Holders on Feb 11th.

Work will be fired in the kiln and available for pickup approx. 2 weeks after class. Suitable for beginners.

**Bookings: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) 6265 7016**

**INTERESTED?**

**Interested in volunteering at the Co-op?**

The Co-op currently needs more **cashiers and shop assistants**. In particular, shop assistants, which involves re-stocking, cleaning and guiding customers while the cashier serves customers.

If this is something you would be interested in taking on, please drop in or contact us for more info. For an average of 4-6 hours of volunteering per month, you receive a **15% discount** on most of our stock!

If you would like to join any of the 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)

*After School Art Classes*

with Nicola Holland -  
Okines Community Garden

We will use a variety of mediums including

**Watercolour pencils**

**Watercolor paints**

**Acrylic paints and**

**Nature's gifts from the garden**

to create art as gifts, Christmas cards and design your own gift wrapping paper with a different project each of the 5 weeks.

**Suitable for children from grades 3 - 6**

**\$80 for 5 week block**

**Thursday's 17/11 - 15/12 - 3pm - 4pm**

Bookings Essential

(03) 6265 7016

[INFO@OKINESCOMMUNITYHOUSE.COM.AU](mailto:INFO@OKINESCOMMUNITYHOUSE.COM.AU)