

JULY 2023

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our July news!

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

In our July newsletter we share photos from our volunteer connect lunch and spotlight polenta with a warming winter pumpkin recipe. We have NEW benches, we kickstart live music, and much more!

WE LOVE FEEDBACK - so get in touch with any ideas or comments!

Wishing everyone a cosy July,
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...

NEW & RETURNED PRODUCTS!

- **Coaldale walnuts** are back and in season! Both in shells and as whole shelled nuts
- **Olive oil** update - having a short break as we wait for new seasons harvest...



MEET THE VOLUNTEER!



Did you know we have a small library of cookbooks and health books in the co-op?
Tim Duffy is our very own Co-op Library Manager, who looks after our little treasure trove.

Next time you're in the co-op make sure you check out the books we have available to borrow. Don't forget to sign the book out, and if you have any questions, don't hesitate to ask the co-op cashier.

Tim also takes a book home each month and reviews its contents. His book review gets published in this newsletter! Check our his latest review on page 5 of the newsletter.

Missed a review? Don't worry! We have a book review folder of all previous reviews in a display folder on the library shelf!

NEW BENCHES!!

Late last year the co-op received grant funds to build two more benches for the food bins in the back room of the co-op.

We put out an expression of interest to our community for anyone able and interested to take on the job! We were overwhelmed by the response and thank you for the generous offers. We would like to extend a huge thank you to Ben Stacey for completing the job! A further thank you to our amazing co-op coordinator, Jill Vaughan who contributed many hours to the job.

We hope you enjoy the new and improved upgrade to the co-op.



FOOD CO-OP INTO THE FUTURE

The co-op is facing financial stress with food costs rising. In order to remain viable it is with considerable regret that we have to reduce the active discount from 15% to 10%. This will be implemented gradually throughout July.

We hope you will understand this difficult decision was unavoidable.

Please continue to support your local community food outlet and encourage your friends to join up and shop with us to continue for another 10 years.



CO-OP COFFEE SHOP - Life in the slow lane

Late last year we started the Tuesday Coffee Shop, serving free espresso and offering people a relaxed atmosphere to sit, chat, and enjoy life in the slow lane. From these humble beginnings it has grown and now encompasses **Monthly Forums, Live Music, and Scrabble.**

If you would like to get involved in running the Coffee Shop or have some ideas for further development we would love to hear from you. Training on how to use the espresso machine can be provided. It's easier than it looks.



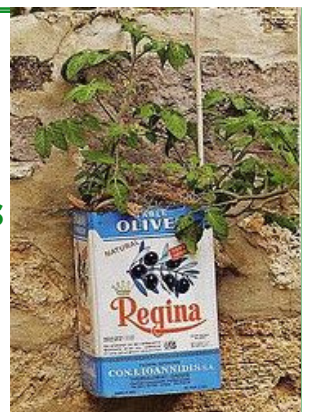
FEEDBACK, FEEDBACK, FEEDBACK

If you try one of the recipes or read one of the books in the newsletter please send us your photos! Here we have Fei and Danae who made delicious muesli bars...



DONATIONS

We are seeking **OLIVE OIL DRUMS** donations for use in the garden.



MONTHLY FORUMS

Next forum:

WHEN: Tuesday, July 18th 2-4pm

WHERE: Community garden kitchen

TOPIC: 'Configurations of Energy' what does this mean to you?

See full flyer on page 8.

The Co-op will provide complimentary tea and coffee, please bring along some afternoon tea to share.



Thank you to those who engaged in the discussion forum on 'The Healing Arts' in June. We hear from Julie Luckman who was part of June's discussion...

"....what I got from the discussion was the opportunity to share our individual stories and connection to healing and health practices, our skills and some practical resources around the table. The overall gem was the discussion on recognising that staying well and healing is, or perhaps should be, recognised as part of our everyday life...We all agreed on the need and value of a supportive community, where we can share our resources, as well as offer or find support through all stages of our life, day to day and especially when we become vulnerable." Julie Luckman



LIVE MUSIC

Last month, **Steve Bond** entertained us with his superb guitar playing and Spanish singing. He will be back again on **July 25th from 2-4pm**, along with some other local musicians.

The format is the festival style Blackboard. Those who wish to play write their name on the board in the corresponding time slot for when they would like to play. If you or someone you know would like to play come on down.



SCRABBLE

The inexplicable and ubiquitous appeal of Scrabble can be enjoyed whilst sipping your espresso in the magnificent surroundings of the Co-op Coffee Shop. It's a lot of fun and gives your brain a workout. Come along, join in and see if you can get a seven letter word.

VOLUNTEER CONNECT LUNCH

On Saturday June 17th we celebrated our volunteer community by holding a Volunteer Connect Lunch!

Guest speakers included a few of our very own product suppliers:

- Hans and Esther from Kolokol Apple Cider Vinegar
- Alex from Parrot Flats Farm
- Jess from Teaocracy and Hillbilly range

Thank you to our guest speakers for sharing your stories, and to the volunteers who attended and to all others in spirit.



"...A lovely few hours of conversation and the most delicious food. Really enjoyed hearing Jess tell the story of her reluctant foray into tea drinking turned into a passion that is now Teaocracy ... and to learn that Hans' goats and his community spirit are behind their apple cider vinegar products. I missed the Parrot Flats Farm talk unfortunately!" Jenni Mulligan

"...I was so glad I remembered the Volunteer Connect lunch at Okines! To me it was like a rich community incubator. I found the three speakers engaging, passionate and very thoughtful, wanting to flip the narrative about business and put people and planet first. This can only enrich our community, how fortunate we are. I met new people, heard great ideas and as always, feasted! I came home nourished and full of hope, because I was reminded about the number of creative people tucked away down here doing innovative stuff. Super inspiring! Thanks so much for organising. See you next time xx."

Astrid Miller



"...It was such a lovely event - well done!! Lovely to meet other volunteers. Great to hear the stories from some of the suppliers."

Kath Mann



BOOK REVIEW

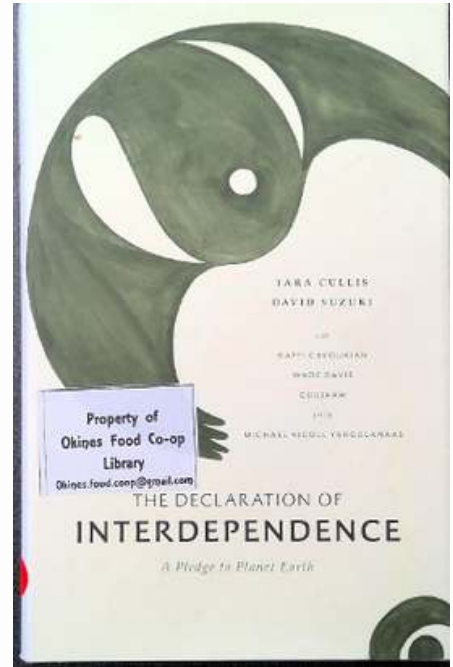
The Declaration of Interdependence – A Pledge to Planet Earth

by Tara Cullus and David Suzuki

This little book is not only a declaration, which is composed of extremely accessible language absent of jargon and full of clear simple statements that define our “interdependence”, but also a story accounting the journey of the document.

It is well worth a read to learn some of the journey of David Suzuki and his allies in formulating the vision for the necessity of this document, as well as the changes that have occurred within society as a result of the rising consciousness of our relationship to the natural world.

Succinctly, it outlines the problems that our current way of life have, and are generating, in our natural world. For myself, it was a reminder of the challenges that our way of thinking poses to the prosperity of current and future generations in our society.



Having said that, its effect on me was to get re-engaged with the desire to promote ways of thinking that recognise that we are nature. To view the “environment” as a category that is separate, aligns with the thinking that “economy” and “society” are separate entities, which allow us to act in ways that manipulate resources for abstract ends.....
I better stop here. Read the Declaration of Interdependence.

Tim Duffy, Co-op Library Manager

INGREDIENT SPOTLIGHT: POLENTA

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 extremely versatile ingredient perfect for the colder months – **polenta!**

Polenta is technically the ‘mush’ (highly appetising name) made from coarsely ground corn meal, but it has also come to mean the meal itself.

Before corn came to Italy from America in the 16th Century, polenta was made out of other ground grains, like barley, farro, millet or spelt. The polenta that the co-op sells is Australian and organic, making it a sustainable gluten-free option, it's also quite cheap! If you happen to have harvested and dried a lot of corn (lucky!) you can make your own polenta by grinding the dried corn kernels in a high-powered blender or grinder, then sifting out any larger pieces to grind again.

Madeleine Laing, Co-op Recipe Manager

PUMPKIN POLENTA WITH HAZELNUTS

This is delicious wintery slow-food, perfect for when you want to spend time in a warm kitchen. While polenta has a reputation of being annoying and time-consuming to cook, this recipe only requires about 8 minutes of concerted effort stirring the polenta. With roasted pumpkin, hazelnuts and chilli, this is a rich and warming treat that's both rustic and a bit special. Note: you do need a stick blender for this recipe – though you could try cooking the pumpkin until it's very soft then vigorously mashing it, but this is untested!

This recipe is adapted from a Yotam Ottolenghi on recipe [theguardian.com](https://www.theguardian.com)

Ingredients:

700g pumpkin, peeled, deseeded and roughly chopped into 3cm chunks (400g)

Olive oil

1 tbsp maple syrup

5 garlic cloves, peeled

250ml chicken or vegetable stock

Salt and black pepper

80g cream cheese

50g parmesan, finely grated

100g coarse polenta

100g butter

½ tsp lemon juice

10g parsley leaves, finely chopped

1 tbsp olive oil

1 cup roasted hazelnuts, roughly chopped

1 tsp rosemary leaves, finely chopped

1 chilli



Instructions:

Roast 200g of the pumpkin with a generous splash of olive oil, salt, pepper and maple syrup. While roasting, put the rest of the pumpkin, garlic and a tablespoon of olive oil in a medium pan and set it on a med-high heat. Cook, stirring often, for 7-9 minutes, until the pumpkin has started to soften. Pour in the stock, 250ml water, 1/2 tsp salt and a good grind of pepper, bring to a simmer, then cover and leave to cook until the pumpkin is soft and starting to break down at the edges. Take off the heat, add the cream cheese and parmesan, then blitz smooth with a stick blender.

Put the pan back on a medium heat, slowly pour in the polenta, whisking quickly as you do so. Cook for 8 minutes, whisking constantly to remove lumps and to stop the mix sticking to the base, until the polenta has thickened. Take off the heat and whisk in half of the butter. Cover the surface of the polenta mix with a circle of greaseproof paper, to prevent a skin forming (optional), set aside.

For the hazelnuts, fry 1 tbsp of olive oil and the rest of the butter in a small frying pan on a medium heat and, once melted and hot, stir in the rosemary and cook for 30 seconds, until fragrant. Add the chilli and hazelnuts and fry for a minute or two until lightly browned.

To serve, dollop some of the polenta onto a plate, mix the parsley and lemon juice together with the roasted pumpkin, then place some on top of the polenta, scatter with hazelnut mix and serve!

EVENTS & ACTIVITIES

CO-OP COFFEE SHOP
DISCUSSION FORUM

Configurations of Energy

What does this mean to
you? Beyond the physical,
are we just energy?

Come and join this deep
chat about the physics and
interconnectedness of life
on Earth...

TUESDAY JULY 18TH, 2-4PM
@ CO-OP GARDEN KITCHEN

THE CO-OP WILL PROVIDE
COMPLIMENTARY TEA AND
COFFEE. BYO AFTERNOON
TEA TO SHARE



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



SCHOOL HOLIDAY PROGRAM @ OKINES

Monday 10th and 17th of JULY - 11am to 2pm

BIKE SHED BBQ

Bike repairs including punctures, straightening bent wheels, broken chains
and adjust de-railers. Free bikes available for giveaway // Free Sausage
Sizzle // Children under 8 need accompanying adult.

Thursday 13th JULY - 10am - 12pm

Kids Mosaic Pop-Up

Create your own Mosaic Masterpiece with our local expert, Kerry from
Dodges Ferry Mosaics. \$15pp // Parent/Adult supervision required //
Bookings Essential

Thursday 20th JULY - 10am - 12pm

Kids Sewing


Learn the basics of using a sewing machine and create your own tote bag
to take home. FREE // BYO Snacks // Kids under 8 yo be accompanied by an
Adult // Bookings Essential



FOR BOOKINGS, PLEASE CONTACT
6265 7016 INFO@OKINESCOMMUNITYHOUSE.COM

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)

EVENTS & ACTIVITIES

EXCITING NEWS FROM THE GARDEN

You can now purchase local spray free produce online via the Open Food Network **LINK -> <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 then 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. Put an order in now to purchase delicious, sweet carrots, potatoes, turnips, swedes or some *amazing* zucchini pickles.

Native Plant Sale - Friday July 28th 2:30pm-5:30pm

The Okines Community Garden is running a native plant sale to raise money for the Okines Community House food relief program. The Okines Community House Food relief program provides fresh veggies and groceries to approximately 40 families each week with the number of people seeking assistance growing every week.

All money raised will go directly to purchasing fresh veggies and groceries for families doing it tough. Come and support our local food relief program and green our neighbourhoods at the same time. We will announce the plant varieties and prices closer to the day.



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