

JUNE 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.

In June, our book review inspires us to try more vegetarian cooking, we learn about the health benefits of walnuts in our ingredient spotlight, and are getting warmed up for the upcoming Winter Solstice Lantern Parade!

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](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...

## Change in opening hours

Shop opening hours on Tuesdays are changing to 1 - 5 pm until further notice. The change is in response to our sales data showing very little demand by shoppers after 5 pm, as well as in consideration for the safety of our solo cashiers in the dark winter months.

We apologise if this may cause you any inconvenience. Please contact us for pre-ordering and pick up options out of shop opening hours.

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## New products in our shop:

- Spiced Chai Tea mix (with tea leaves)
- roasted cocoa powder, organic (an alternative to raw cacao)
- stabilised oats, organic
- red rice
- black barley
- whole wheat all purpose flour
- dried veggies: tomato, carrot, sweetcorn (great for bushwalkers!)
- molasses

## Back in stock:

- dried mango (Australian)
  - Riverrich moisturiser and serum oil
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## Spice, spice, spice...

Are you missing any of your favourite spices at our Co-op? Express your interest now in any spices or spice blends that you would like us to stock. We also welcome your recipes for spice blends, so we can mix our own and offer for sale to other co-oppers!

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## Clearance products (special offer):

- Coaldale walnuts
- muscatels on stalk
- beef flavour stock powder
- dried mushrooms (sliced champignons)
- teas: Lady Grey, Pepperminty and Minty Green

## Clean Conscience closing down – transition to DIY cleaning products!

The Clean Conscience business will close in July. However, as a gift to the Co-op, Tracey is generously offering us her recipes and will continue to supply her own base concentrate. You can mix her concentrate with no more than three other ingredients (also available at the Co-op) to make liquid soap, dishwashing liquid, household cleaner and a laundry gell.

While you transition to making your own, we will premix and bottle plenty of samples. This is a great way to support our principle of minimum packaging and environmental impact.

Many thanks to Tracey for her past and ongoing support as a local supplier of highly ethical products!



## 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!

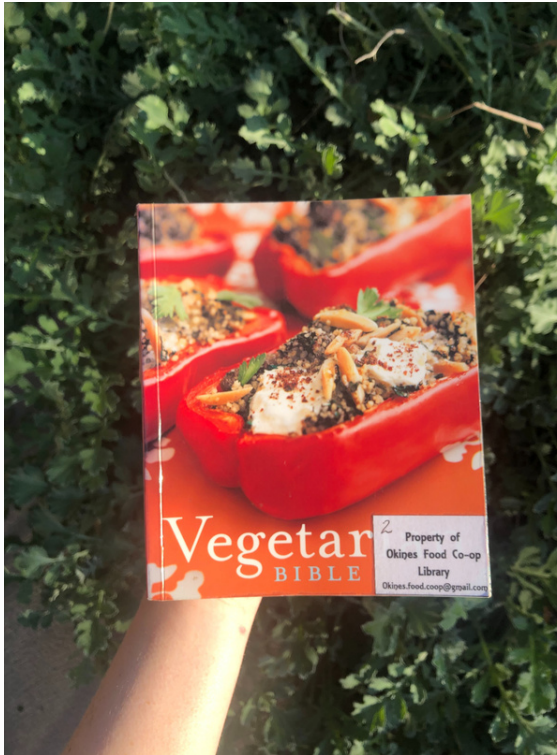
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## Interested in volunteering at the Co-op?

The Co-op currently needs more

- cashiers and shop assistants
- jar and bottle sterilisers
- honey bottlers

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.



### Vegetarian Bible by Margaret Barca

Vegetarian Bible by Margaret Barca is a great cookbook! It has a little bit of information at the start about a Vegetarian diet and encourages it without being overwhelming or too forceful, like many cookbooks are.

I found that each category of recipes were well suited to the seasons and organised nicely. Personally I follow a vegan diet and found plenty of great recipes catering to that in there as well (a favourite was the Provincial bean soup with pesto, page 23)! A staple cookbook for a vegetarian household or those who want to try more meat-free cooking!

## INGREDIENT SPOTLIGHT

### Walnuts

Each month in the newsletter we want to spotlight an ingredient in the Co-op that you might not have used before.

This week is inspired by the recent pick-your own weekend at Coaldale farm where – despite the soggy conditions – we enjoyed picking some delicious, chemical-free, local walnuts!

**Walnuts at the Co-op:** Tasmanian, both conventional and chemical-free

**Characteristics:** As well as being delicious, walnuts are high in polyunsaturated fats and high in omega three and other useful vitamins (though, unfortunately their link to cognitive health has not been proven – as much as they look like tiny brains!).

If you've only ever had walnuts from the supermarket in a bag you may think they have a strong, sometimes unpleasant 'dirt' flavour, but fresh walnuts from the shell are another thing entirely: sweet, creamy and delicious! Once shelled, walnuts at room temperature spoil in a week or two, but in the shell they can stay fresh for a year or more.

**Uses:** while walnuts are regularly used in sweet recipes like cakes and biscuits, they also make addition to savory recipes – toasted in salads, crushed in pastry (like the recipe below), and walnut meal can be added to curries and stews to both thicken them and add taste and texture.





# RECIPE OF THE MONTH:

## CHARD, LEEK AND WALNUT CROSTATA

This is a crumble, but fairly forgiving pastry. Being free-form, if cracks appear while you're rolling it out just pinch it back together! This is a slightly more ambitious recipe than usual, but makes the most of the late autumn/early winter produce, and those cold days when you just want to stay inside and cook and eat pastry.

### Ingredients

50g walnuts  
 200g white spelt flour  
 ½ tsp salt  
 100g very cold butter  
 2 tbsp ice cold water  
 olive oil  
 2 leeks  
 one bunch of chard (about 200g), leaves removed from stalks and chopped.  
 2 cloves of garlic, chopped  
 pinch dried chilli flakes  
 1 tsp fennel seeds  
 a bunch of soft herbs (dill, parsley, mint, etc.)  
 25g parmesan (grated)  
 3 eggs



### Method:

I. Pastry: Blitz walnuts in a food processor until you get fine crumbs (you don't want them to turn to butter)! Add the flour and salt. Next add the butter and pulse a few times until you have a rough looking dough. Slowly add the water in a trickle, stopping when the pastry comes together in a ball. The dough should feel like buttery pastry – not too crumbly. Wrap the dough in baking paper and refrigerate.

II. Fry the leeks in the olive oil over medium heat, until soft and sweet (around 7-10 mins). Add the garlic, dried chilli, and fennel seeds and fry for a few minutes. When the spices are toasty and smelling good add the chard. You can use the stalks too if you like, just chop them very fine and remove any old or dirty looking bits. If using the stalks, add them first and fry for 5 minutes, then add the leaves. Cook until the leaves have wilted. Tip veges out on a plate and cool.

III. Preheat oven to 200°C. Chop the herbs and place in a large mixing bowl with parmesan.

Crack in the eggs and mix. Season with salt a pepper.

IV. Take the pastry out of the fridge – if it's too hard to roll, let it soften for 5-10 minutes. Line a baking tray with baking paper. On a floured surface, or between two pieces of baking paper, roll out the pastry until around 30cm across and 1cm deep.

V. Mix the cooled vegetables with the egg mixture. Arrange the vegies in the centre of the pastry, leaving about a 3cm border around them. Fold the pastry border over the top of the vegetables, pleating the edges together roughly as you go.

VI. Place the crostata in the hot oven and bake for 35 minutes until pastry is golden brown and filling is crumbly. Then turn over to 180 °C and bake for another 15 minutes. Cool for 10 minutes on the baking tray, then slide the crostata onto a baking tray for the pastry to crisp up (if you can resist cutting into it right away).

## EVENTS AND ACTIVITIES

**Garden Tucker, June 6th, 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](mailto:info@okinescommunityhouse.com.au)



NBN CO.

Digital Training

Okines Community House



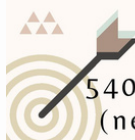
1st June  
11am - 12pm  
Home Internet  
Organisation



15th June  
11am - 12pm  
Using Smart  
Devices



Please book by phoning (03) 6265 7016 or  
email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



540 Old Forcett Rd, Dodges Ferry TAS 7173  
(next to the Dodges ferry Primary School)

## WINTER SOLSTICE LANTERN PARADE

Join DFPS and Okines Community House  
in celebration of a turning of the light, to mark the  
beginning of lengthening days and shortening nights.



**Friday 17th June 2022**

**Okines Community House / 4:30pm sharp**

School Choir, bonfire and singalong

Soup & bread \$2 // Curry & rice \$5

Sweet treats from Food Coop

Bring your own lantern/torch & BYO mug/bowl





# WINTER SOLSTICE LANTERN PARADE – Volunteers needed –

In collaboration with Dodges Ferry Primary School - Okines Community House and Garden will be hosting the Winter Solstice Lantern Parade again this year.

Winter Solstice is a time to light up the community and celebrate the turning of the light and the shortest day of the year. A festive and visual community celebration in the midst of winter.

In the lead up to the Lantern Parade event, there will be many opportunities for community members to get involved.



There will be lantern making throughout the school and Okines, DFPS choir will be practising a song for the event and we will have big soup and curry cook ups!

Any donations of clean plastic milk cartons and glass jars, tissue paper, lights etc to create lanterns would be greatly appreciated - they can be dropped at the school office or Okines.

Let's think REDUCE, REUSE AND RECYCLE and reduce our impact on landfill by creating lanterns that can be reused.

**Also, do you have an Installation or special piece that you would like to showcase at this event? Please contact us ASAP we would love to include it!**

The Winter Solstice Lantern Parade would not be possible without the generous help of volunteers. If you would be interested in joining our wonderful team of helpers please let us know now:

Get in contact with Jess @ Okines if you are able to help in any way via email: [project@okinescommunityhouse.com.au](mailto:project@okinescommunityhouse.com.au)



In line with our ethos of having minimal impact on the environment - please bring your own candles or torches for the parade, a mug/bowl for soup, curry & hot drinks, cutlery and warm clothes!

**Please also bring cash for food and drinks.**

