

JUNE 2023

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our June 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 June's newsletter we get to know what our volunteers are doing! We share a book review on Mediterranean cooking, and spotlight cocoa butter with a scrumptious truffle recipe.

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

Happy reading!
Your Co-op team



NEW 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...

MEET THE VOLUNTEER!

Over the next few months, Dawn Green is spending time updating labels on product bins to include detailed information on origins, ingredient lists and product type.



Each product label includes the **country of origin** and the **active member** and **non-active member price** per kilogram.

Labels also include five tick boxes, which indicate the following:

Organic:

Farming practice without the use of chemical pesticides, herbicides and fertilisers.

Biodynamic (B.D):

Enhanced method of organic farming using specific biological preparations and working with the surrounding environment.

Conventional (CONV):

Farming practices used may include use of chemical pesticides, herbicides, fertilisers and often a monoculture crop.



Chemical Free (Chem Free):

Farmed without chemical pesticides, herbicides and fertilisers but may not be 'certified organic'.

Gluten Free (G.F.):

Does not contain any, or any traces of gluten, a protein found in wheat, rye, barley and oats.

For questions or more information please send us an email or you can visit aco.net.au or austorganic.com.

For products that have an ingredient list, you can find this list on the back of the container.



NEW PRODUCTS!

- Genobiles pasta range: NEW Fettuccine style
- NEW SEASONS Coaldale walnut pieces and in shell
- Teaocracy's **Stressless Sleep Herbal Tea**



CO-OP COFFEE SHOP DISCUSSIONS

Please join us for our next Coffee Shop Discussion on **The Healing Arts**.

The Healing Arts will focus on healthy living, healthy eating, socialising, and maintaining a good quality of life. Let us join together, celebrate and connect over the value of health and wellbeing in our community.

The Co-op will provide complimentary tea and coffee. Please see full flyer on page 7 of the newsletter.

WHEN: Tuesday 13th June, 2-4pm
WHERE: Community garden kitchen
TOPIC: The Healing Arts

Thank you to those who engaged in the discussion on the Uluru Statement in May. This topic will be continued in July.



DON'T FORGET WE HAVE EXTENDED OUR CO-OP OPENING HOURS!



JAR AND BOTTLE DONATIONS

If you have re-usable jars or bottles you can donate these to the Co-op to be sterilised and re-used for various products. We have a wonderful team of volunteers who sterilise the jars.

Please ensure the jars are very clean with labels and stickers/glue removed before donating to help out our team!



OPEN 24 HOURS! Local Growers Market Update

The Local Growers Market Fridge is now available 24 hours! You will be able to purchase fresh local produce any time!

Simply transfer to the bank details listed on the fridge. Installed cameras means the fridge contents will be nice and safe. We are also looking into other products that we can provide in the fridge. Stay tuned.



VOLUNTEERS CONNECT LUNCH

All co-op and garden volunteers are invited to a Volunteers Connect Lunch on Saturday June 17th from 12pm to 2pm.

Please see full flyer on page 7 of the newsletter. If you wish to come, please RSVP by Thursday 1st of June by emailing Danae at okines.coop.volunteers@gmail.com

WANT TO BECOME AN ACTIVE MEMBER AT THE CO-OP?

To become an active member all you need to do is volunteer 4-6 hours per month in the Co-op. Volunteers receive a 15% discount on most products.

If you are interested and would like to know what roles are needed, please get in touch by emailing Danae at okines.coop.volunteers@gmail.com or drop in during opening hours!



INGREDIENT SPOTLIGHT: COCOA BUTTER

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 you may be more used to seeing in moisturiser than food – **cocoa butter**.

Cocoa butter is the pure fat extracted from the cocoa bean, and while it looks like butter with a rich creamy colour, it's completely vegan. Cocoa butter is shelf-stable and solid in its raw form, and must be melted before use.

Cocoa butter contains vitamin E (which makes it great for the skin) and healthy fats. While cocoa butter is used in sweet and savoury cooking its most common culinary usage is, of course, chocolate!



Madeleine Laing, Co-op Recipe Manager

INGREDIENT SPOTLIGHT RECIPE

HOMEMADE CHOCOLATE TRUFFLES

If you've never tried it before, not only is making your own chocolate super easy, it's also got many benefits over buying chocolate from the shop. You can add whatever flavouring ingredients you like, control the amount of sugar you add and, with all the ingredients available at the co-op, vastly reduce your waste!

Ingredients:

- 1/2 cup **cocoa butter**
- 1/2 cup coconut oil
- 1/2 cup (raw) organic cocoa powder
- 1/4 - 1/2 cup agave syrup for sweetening (honey, maple syrup or regular sugar is okay too).
- Additions of your choice: I used 1/4 cup of cashews, vanilla, shaved coconut, and peanut butter for my truffles. But you could add any dried fruit, nuts, spices, marshmallow, lollies - you're only limited by your imagination/tastebuds!



Note: If you keep your chocolate quite plain, this also makes a delicious hot chocolate base. Warm some milk in a saucepan, add a few chunks of chocolate, melt, and enjoy.

Instructions:

Grate cocoa butter with a cheese grater. Mix with coconut oil in a small bowl. Put the bowl of cocoa butter and coconut oil into a slightly bigger bowl half-full of boiling water. Stir occasionally to melt the cocoa butter and coconut oil gently (you could do it in a saucepan over a very low heat, but you'll have to watch it closely to make sure it doesn't catch, boil, or burn).

Add cocoa powder. If you wanted to use any other dry ingredients (such as spices, or regular sugar), add this too. Stir continuously until smooth. Now add your agave/maple syrup/honey if using. Then add your other additions - nuts, dried fruit, etc. Stir to combine.

Line a pan or plate with baking paper. Pour your chocolate mixture onto this surface, and place in the fridge.

If you're happy with a slab of chocolate, wait for this to harden then it's ready to chop up and eat! If you're wanting to make round truffles as pictured, take the chocolate out of the fridge after 30-40 minutes while still soft. Scoop out a teaspoon, roll in your hands (you will get messy!) and then roll in coconut or cocoa powder if desired. Pop back in the fridge, and eat when solid.

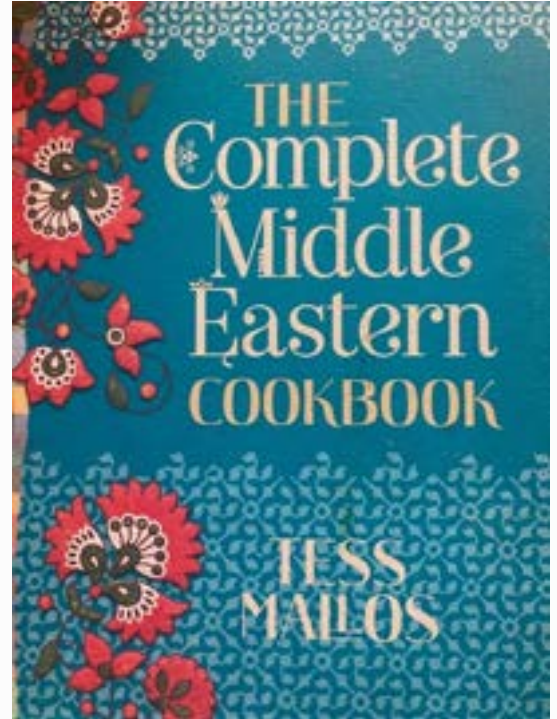
BOOK REVIEW

The Complete Middle Eastern Cookbook

by Tess Mallos

This is one of a series of three BIG volume books that were donated about a month ago to the Food Co-op. This book is full of the secrets to creating the tastes from the Mediterranean and the Middle East.

In reading part of the introduction, I learnt about the particular ways rice is cooked across each culture presented in the book – and there are 17 separate countries covered. The basic ingredients are all treated this way, with a writing style that is highly engaging in the way you are given the details to create flavours through applying cooking techniques particular to the culture.



There are photos used to show some dishes, but the main gist of this book is text communicating the recipes.

It is a thick book that is packed with gems. The delicious sauces that are unique to this part of the world are integral to many recipes. These sauces are given detailed recipes and when used in another recipe the page is given where you can find it.

Most of the recipes I perused had a fair amount of preparation time involved in terms of soaking ingredients or in cooking time (simmering). The combination of ingredients used are all simple and mostly available in our local shops. What is unique, are the combinations of ingredients for example; sultanas, cucumber and walnuts with yoghurt + mint and white pepper.



I guarantee you will find some delicious new flavours to build into your routine in this book. As soon as it arrived in our house my beautiful wife started reading and we had a dish that was improvised for dinner that night – and it was delicious.

To the left is a photo of the selections made by the next day and also the technique of pastry folding or rolling.

I look forward to enjoying some Mediterranean food over the next month as each of us build in some new flavours to our household. If you like middle eastern food you will get as many ideas as you can out of this book.

A great addition to the Co-op library and an excellent book to bring new cultures into your home.

Tim Duffy, Co-op Library Manager

EVENTS & ACTIVITIES

CO-OP COFFEE SHOP
DISCUSSION FORUM

The Healing Arts

Tuesday June 13th, 2-4pm
@ Co-op Garden Kitchen

The Co-op will provide complimentary tea and coffee. BYO afternoon tea to share

FOCUS ON HEALTHY LIVING, HEALTHY EATING, SOCIALISING, AND MAINTAINING A GOOD QUALITY OF LIFE.

IF YOU ARE, OR HAVE BEEN, INVOLVED IN THE HEALING ARTS YOU ARE WELCOME TO SHARE YOUR EXPERIENCE!



You're Invited! Volunteers Connect Lunch



Okines would like to warmly invite our Co-op and Garden volunteers to a lunch of connection. Three local suppliers of the Co-op and Local Grower's Market are kindly coming along to share their story. Our guests will be:

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

When: Saturday June 17th
Lunch to kick off at 12pm, followed by dessert and warm drinks while our guests share

Where: Okines Community Garden Kitchen

Please bring a plate to share for lunch!
RSVP by replying to this email by June 1st



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

548 Old Focallt Rd
DODDLES FERRY
TAS 7073

EVENTS & ACTIVITIES

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



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)