

MAY 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 May, we are getting excited about picking fresh walnuts, discovering versatile ways to use besan flour, and explore Tasmania's edible flora.

Enjoy reading,
Your Co-op team



OPEN
TUESDAY 1.00PM-6.00PM
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:

- Minty Green Tea = spearmint, peppermint, green tea \$75/\$70
- Pepperminty Tea = spearmint, peppermint, stevia \$75/\$70
- Muscatel raisins on stalk \$35/\$30
- Dried champignons \$50/\$45

Wholegrain Spelt flour now back in stock. Still having trouble sourcing butter but we keep trying!

Honey coming up

Honey is bottled on May 4th. If you want your own jar or container filled, please drop off before at the Community House or the Co-op during opening hours.

We also need more donations of clean, label- and odour-free **medium and large jars** for our honey bottling team. Please leave at the Co-op during opening hours.

Coaldale Farm Open Days 6 - 8 May

It's harvest time at our walnut supplier Coaldale! They are hosting an open farm event this month where you can pick your own walnuts for only \$6.50 per kilo. We would like to organise a little group to go together and share the fun. Please get in touch with us if you want to join!



Winter Solstice Lantern Parade: Volunteers needed

For this year's Lantern Parade on **17th June**, Okines is looking for volunteers to help out with the following:

- cooking soups
- making sweet treats and hot drinks to sell at the Co-op
- helpers for set up, serving and selling soup / hot drinks / treats, pack down / clean up

The event is a friendly, bright occasion to come together in our community in winter time. Volunteering for the Lantern Parade will be considered as an active task and gives you a discount (-15%) on most products at our shop!

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!

Interested in volunteering at the Co-op?

The Co-op currently needs more

- cashiers and shop assistants
- jar and bottle sterilisers

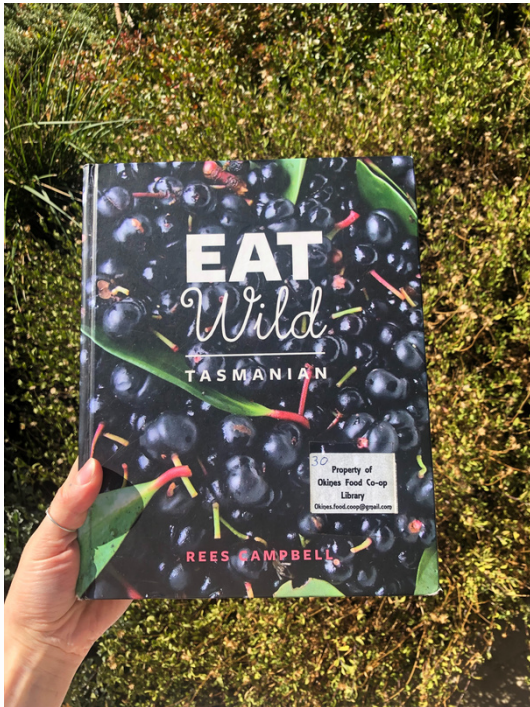
For an average of 4-6 hours of volunteering per month, you receive a **15% discount** on most of our stock!

Please contact us for more info.

Film Society looking for caterers

Please get in touch if you are interested in providing food for the monthly Saturday night screenings by the Dodges Ferry Film Society. The next event is on May 21st.

You can run this as a volunteer for the Co-op to help us raise extra funds, or independently for your own business.



Eat Wild Tasmanian, by Rees Campbell

Eat Wild Tasmanian by Rees Campbell is a fantastic and informative read. In this book you will find a detailed description of Tasmania's edible flora as well as recipes to accompany each plant. It is complete with growing notes and distribution maps. Reading it, I was alarmed at how many of these plants I've come across before and just how easy the majority of them are to find! I encourage anyone wanting to experiment with flavour and native ingredients to get a hold of this book and start foraging for your food or growing it yourself. A great read!

INGREDIENT SPOTLIGHT

Each month we want to spotlight an ingredient sold at our Co-op that you might not have used before. In May it's **besan flour**, which is a versatile, gluten-free flour used all across the world!

Co-op besan flour origin: Australia, organic

Characteristics: Besan flour, or chickpea flour (sometimes also called 'gram flour') is a tasty, nutty gluten free flour. It's common in Indian and European cooking but less so here. Chickpea flour is higher in protein than regular flour, and naturally quite dense when baked, but makes a very light batter for pancakes, tempura or samosas.

Championed by (who else?) Yotam Ottolenghi, look out for recipes for 'socca' (French) or farinata (Italian), which are crispy pancakes similar to the ones in our recipe of the month. They can be eaten simply on their own as a snack with wine and cheese – or topped with whatever you like. Some people even use socca as a gluten-free pizza base!



RECIPE OF THE MONTH: CHICKPEA PANCAKES WITH CHARRED GREEN BEANS AND YOGHURT

The picture here is from 'Fresh India' by Meera Sodha – Meera uses her homemade paneer on these pancakes – you could use store bought or homemade paneer, or just yoghurt and any vegetables like I have in this recipe. I've been using zucchini, green beans or blistered tomatoes over summer, but whatever is seasonal will be great!

Ingredients (4-6 small pancakes)

150g chickpea (besan / gram) flour
 ½ tsp ground turmeric
 1 tsp garam masala
 ¼ tsp baking powder
 250g Green Beans
 ½ cup Olive oil
 1 cup greek yoghurt (can be swapped for coconut yoghurt for a vegan option)
 juice ½ lemon
 1 clove of garlic, minced
 handful coriander
 handful dill



Method:

I. Put the chickpea flour into a medium-sized bowl and add the turmeric, garam masala, baking powder and ½ teaspoon of salt. Mix thoroughly, then make a well and whisk in 240ml of water. Rest the batter for 20 minutes.

II. While the batter is resting, toss the green beans (or whatever vegies you're using) in a baking tray with some olive oil. Roast on a high heat (200C) until cooked and lightly charred (you could also brown these on the stovetop or grill if you prefer).

III. Combine the yoghurt, lemon juice, minced garlic and ¼ cup of olive oil.

IV. Chop the herbs. Add to the batter and stir to combine. Set a non-stick pan over a medium heat. Pour a drizzle of oil into the pan and tip from side to side to coat the bottom. Pour a ladleful of batter into the pan and cook the pancake for 1 minute, or until the edges start to brown, then flip with a flat spatula. Cook for another minute. Flip two more times, cooking for 4 minutes all up.

V. Remove from the pan and repeat with the rest of the batter. Wrap the pancakes in foil to keep them warm.
 Serve with charred beans and a drizzle of yoghurt sauce, as well as any extra herbs.

EVENTS AND ACTIVITIES

Garden Tucker, May 2nd 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

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

School Choir, bonfire and singalong

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

Sweet treats from Food Coop

Bring your own lantern/torch & BYO mug/bowl

NATIONAL 16-22 MAY 2022
VOLUNTEER
Better Together WEEK

THANK YOU FOR VOLUNTEERING

You are invited to our Volunteer High Tea on Monday 16 May from 1.30pm as a small "THANK YOU" to let you know that your dedication is essential to the work that we do and is greatly appreciated



Please RSVP by 11 May to
info@okinescommunityhouse.com.au or
0362657016