

MAY 2023

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our May 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.

Let's welcome the beginning of colder days with more coffee shop discussions, a warming vegetarian curry recipe full of spices, and a book review to keep us planning in the garden. Oh and **NEW OPENING TIMES!**

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...

NEW OPENING TIMES

We have extended our Co-op opening hours to respond to our increase in customers and be more accessible for our members. We are now open for one hour longer on Fridays and Sundays with consistent times:

Tuesday 1pm - 5pm
Friday 9:30am - 1:30pm
Sunday 9:30am - 1:30pm

Thank you to all our volunteer cashiers for making this possible!



LOCAL GROWERS MARKET

Don't forget you can purchase fresh spray-free, veggies from the Local Growers Market! The fridge is located just outside of the Co-op and is restocked on Fridays. Produce is subject to availability from growers.

Additionally, the Local Growers Market has been providing weekly \$25 veggie boxes to local community members. If you're interested in purchasing a weekly veggie box or have any questions regarding the Local Growers Market, please email ochigarden@gmail.com



CO-OP COFFEE SHOP DISCUSSIONS

Our Coffee Shop Discussions are now the first Tuesday of each month.

NEXT DISCUSSION STARTS TOMORROW!

Please join us on **Tuesday 2nd May from 2pm to 4pm**. The topic will be the **Uluru Statement from the Heart**. For information on the Uluru Statement please visit <http://ulurustatement.org/>

Complimentary tea and coffee will be supplied by the Co-op. Participants may bring along something to share for afternoon tea.

Please see full flyer and discussion topic on page 6 of newsletter. We hope to see you there!



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.

Currently we are looking for volunteers who may be interested in the below tasks:

- Cleaning (fortnightly)
- Shop maintenance (includes stock replenishing)

If you are interested or shop with us and come across a task you would like to get involved in, please get in touch by emailing Danae at okines.coop.volunteers@gmail.com or drop in during 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!!** You can give sterilising a go yourself at home, all you have to do is follow the below instructions:

1. Clean jar/bottle well in hot soapy water
2. Remove label/stickers/glue and lids. **Techniques for this include using Orange Power glue remover or plain old cooking oil!** Pour a few drops onto a cloth and rub over until glue is gone!
3. Wash lids separately in soapy water (DO NOT put into oven they may melt)
4. Pre-heat oven to 110 degrees Celsius
5. Place jars/bottles into oven for 20 mins
6. Remove from oven and allow to dry and cool **completely** before replacing lids (this will stop the jars filling with condensation)
7. Leave a note that the jars are sterilised prior to donating



INGREDIENT SPOTLIGHT: GARAM MASALA

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 **Garam Masala** - which is an Okines house-made blend (by one of our awesome volunteers) of warming spices that can be used in many kinds of Indian dishes.

In Hindi, Masala means 'spices' and garam means 'hot', but this doesn't necessarily mean the mix has to be spicy. The name refers to the warming quality of the spices, especially in Ayurvedic medicine where 'warming' things are those that increase metabolism. As such, garam masala is thought to have originated in Northern India, which has colder seasons. In Southern India, garam masala is often formed into a paste with coconut milk, vinegar, or water. There is no one way to make garam masala, and recipes can be passed down through families, as well as being very specific to certain regions.

After you've tried the Okines garam masala, you could experiment with your own mix of: black pepper, cumin, clove, cardamom and cinnamon, though some variations also include any of the following: turmeric, saffron, fennel seeds, ginger, garlic, mustard seeds, mace, star anise, tamarind, fenugreek, bay leaves, Malabar leaves, or dried red chiles. Learning to mix spices (to be a masalchi - spice master) is a lifelong pursuit!



Madeleine Laing, Co-op Recipe Manager

INGREDIENT SPOTLIGHT RECIPE

Gajar Makhani - 'Butter Carrot' Curry

A vegetarian version of the Indian restaurant classic 'butter chicken' it's rich in flavour, and the carrots keep their shape and crunch better than most vegetables (though you could experiment with others!). The addition of yoghurt adds a tangy flavour and keeps the creaminess from getting overly heavy. Curry leaves may be hard to get a hold of – but I have seen them at Hill Street from time to time! They add a special flavour, but can be easily omitted. This recipe is from 'In Praise of Veg' by Alice Zaslavsky. Serve with rice or naan bread (or both!)

Ingredients

- 50g butter
- 2tbsp vegetable oil
- 1 cup raw cashews
- 2 garlic cloves (finely chopped)
- 1 tbsp finely grated ginger
- 1 tbsp brown mustard seeds
- 4 curry leaf branches, leaves picked
- 1 bunch coriander, leaves picked, stems chopped.
- 3 tsp garam masala
- 1 tsp ground turmeric
- 1 tsp group cardamom
- 1 tsp chilli powder
- 1 ½ cup Greek yoghurt
- 800g carrots, cut into 3cm pieces
- 1 tbsp brown sugar
- 700g crushed tomatoes
- 1 cup coconut cream



Heat the butter and oil in a wide saucepan over medium high heat. Add cashews and toast until golden.

Add garlic, ginger, mustard seeds and curry leaves and cook until aromatic and leaves are cooked (2-5 minutes). Set aside half this cashew mixture for serving.

Add the coriander stems and spices to the pan and cook, stirring constantly, for a minute or so until fragrant.

Stir in the yoghurt, then add the carrot and stir through. Stir in the sugar, passata, coconut cream and 1 cup of water. Bring to simmer.

Half-cover the pan with a lid. Simmer over a low heat for 45 minutes, until the thickest piece of carrot is tender and the gravy is nice and thick.

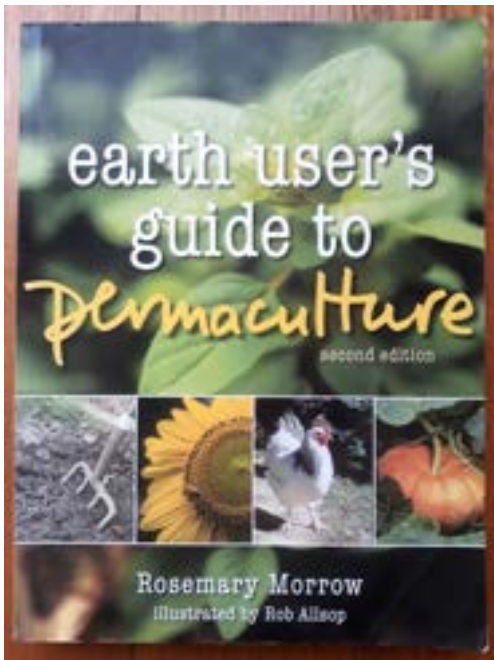
Serve drizzled with coconut cream or yoghurt and scattered with reserved cashew mixture and coriander leaves.

BOOK REVIEW

earth user's guide to Permaculture (2nd Ed)

by Rosemary Morrow, illustrated by Rob Allsop

This is one of those books that lives up to, and beyond, its title. This is truly a book for “users”, especially if you are inclined to think of yourself as an earthling who has not “inherited” the earth, but one who is enlightened to the role of earth keeping. Even if a concept such as “earth keeping” is new to you, this book outlines HOW to do this wonderfully meaningful practice in a truly digestible way.



The reasons for WHY you might consider this as a way to live your life are also outlined in an extremely well-crafted way. This book smacks of the experienced hands-on teacher who truly gets the role of facilitator and has paid attention to the whys and wherefores of when the information she imparts is easily taken on! It is so well structured (to my mind of course!) in the way it presents the complexity of natural systems that I consider it the best permaculture book I have ever seen (I have read two - neither to completion... including this one... :) My favourite permaculture book to date has been the Bill Mollison “Introduction to Permaculture” which I reckon I definitely studied quite closely to at least 85% of it in my early 20’s - to the point of designing my house and choosing my land according to its principles...I just would rather surf and play music than get my serious time into taking on the 100% permaculture dream. The other was David Holgrem’s broader philosophical one.

What I love about this book is that it has engaging and simple diagrams and tables that help summarise the concise text and act as guides for you to follow and implement in your own journey on the permaculture herb spiral. No seriously, the “Try these” section of each chapter gets you to DO achievable things that make you permaculture design and engineer your way into living the life instead of dreaming it. I particularly fell head over heels with this book and its way of delivering information in its “Climate and Microclimate” and “Reading the Land” chapters (something I have struggled with in creating engaging science lessons in my time!!@#@\$). If you are familiar with permaculture principles, you could potentially just go straight to the “Try these” sections and get going with excellent activities (both practical and theoretical - but the type that make you DO the thinking that aligns with the theory outlined earlier in the chapter).

The text is crafted into short potent bites and like all permaculture books it is SO FULL of information, that you will borrow this book and then go DAMN I need to return it already...I may as well just go buy one! If you have struggled with the information overload of permaculture before, this is such a good book to dive back into the journey with. In the words of the Preface, written by co-originator of the permaculture concept...this book “is very much a manual for practical permaculture...especially useful...in Australian temperate regions.” Rosemary is stated as one of the people who have contributed to permacultures foundations, growth and spread nationally and globally. This book is amazing.

Tim Duffy, Co-op Librarian


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

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)

CO-OP COFFEE SHOP DISCUSSION FORUM

Uluru Statement from the Heart

Tuesday May 2nd, 2-4pm
@ Co-op Garden Kitchen

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

THE UPCOMING REFERENDUM ON THE VOICE TO PARLIAMENT WILL BE A HISTORIC MOMENT FOR AUSTRALIA. COME ALONG AND JOIN IN ON THE DISCUSSION!



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**





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 7103

Okines Community House Inc.

Australia's Biggest Morning Tea

25th May

10am to 12pm

Celebrating 30 years!

Every dollar raised helps support those impacted by cancer.

When: Thursday 25th May 2023
Where: Okines Community House - 540 Old Forcett Rd, Dodges Ferry
Time: 10am to 12pm
Details: A raffle & quiz on the day as well as prizes and morning tea. Come along & join the fun while raising money for a great cause.
You are most welcome to donate to our event by scanning the QR code on this page.
biggestmorningtea.com.au

Cancer Council

For more info phone (03) 62657016 or info@okinescommunityhouse.com.au

New Council Waste Strategy Community Meeting

Mon 15th May 6pm-7pm
or
Fri 19th May 1pm-2pm

KERRY VINCENT
Sorell Council Mayor

GREG ROBERSTON
Sorell Council Manager Health & Compliance,

Okines Community House
Main room
540 Old Forcett Road, Dodges Ferry

If you are unable to attend and would like to contribute a question please email ochigarden@gmail.com

Presented by:



OKINES
Community Garden