

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 November, we get comfortable with preserving eggs, using gluten free flour and experimenting with the different types of wheat grain! Enjoy.

Your Co-op team



NEW: FRIDAY 10AM-1PM

TUESDAY 1-5PM
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 items for November

- Wheat grain WHOLE – also good for grinding to flour for bread - in stock now
- Freekeh cracked (cooks faster than whole grain) & Farro roasted - in stock from 11 Nov

Eggs, eggs and more eggs!

With the hard work of four local suppliers the Co-op currently has a consistent and abundant supply of freshly laid chook eggs. Come into the shop and get your fresh supply!

While you are at it, please bring in your used cartons that we can return to our suppliers to reuse.



Did you know you can preserve your own eggs?

There are many methods out there used to preserve eggs during seasonal changes when the birds take a well deserved rest.

Some of the methods out there include:

- Freezing into ice cube trays or muffin trays
- Dehydrating
- Lime water method
- Water glass method

Something new to try when you have an abundance of eggs...

Eggs can last a while without preserving, to check whether they are okay to use, place a whole egg into water. If the egg floats it is likely to be spoiled and best to discard.

Gluten Free Flour

Gluten free baking has become easier with access to prepared gluten free flour. Made from a combination of tapioca and maize starch, rice flour, rice bran (fibre) and guar gum (thickener), you can substitute this flour for regular flour in most baking recipes! A great option when tailoring recipes to suit a diverse range of nutritional requirements. Gluten free flour gives a delicate finer texture and is well suited to biscuits such as shortbread. If you're thinking of trying gluten free flour, try out a shortbread recipe, maybe for Christmas gifts! All you need is:

- Gluten-free all-purpose flour
- Unsalted butter
- Fine sugar
- Vanilla extract

Speaking of Christmas remember in the shop we have Christmas pudding cloths for \$4 each and please share your favourite Christmas recipes to share on our website!

Do you have an old tablet/iPad you are no longer using?

The Co-op are on the look out for a tablet/iPad device to use for cashiering. If you have an old one lying around no longer in use and would be willing to generously donate to the Co-op, please get in touch!

Interested in volunteering at the Co-op?

The Co-op currently needs more **cashiers and shop assistants**. In particular, shop assistants, which involves re-stocking, cleaning and guiding customers while the cashier serves customers.

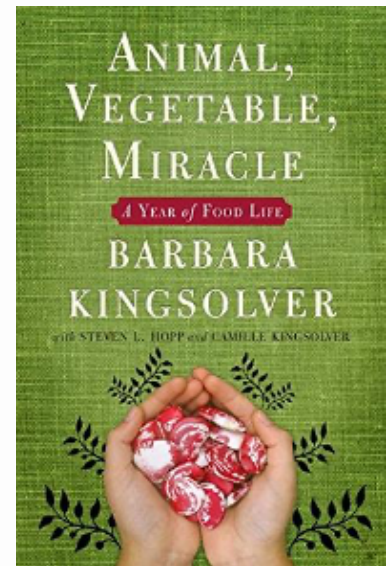
If this is something you would be interested in taking on, please drop in or contact us for more info. For an average of 4-6 hours of volunteering per month, you receive a **15% discount** on most of our stock!

Animal, Vegetable, Miracle by Barbara Kingsolver

This is a book of reflection and documentation of our relationship to food – its industrialised version and the homegrown locally sourced alternative that is possible to create. Barbara Kingsolver takes you on her journey with her family as they re-locate and divest their time and resources: “abandoned the industrial-food pipeline to live a rural life—vowing that, for one year, they’d only buy food raised in their own neighbourhood, grow it themselves, or learn to live without it.”¹

“This book presents itself as a diary on that first year and the learning curve of growing your own food, buying local produce and sourcing ethically and sustainably”². The writing is a wonderful conversational prose that gives you the feeling of chatting over a cup of tea in the afternoon with someone recounting the history and challenges of the property as well as recipes they used when certain produce was in abundance, the hard work involved and sharing lessons in canning and freezing and preserving. Barbara shares how “the family learned to make cheese, visited organic farms and a working family farm in Tuscany, even grew and killed their own meat.

Elsewhere, Steven (husband) explores business topics such as the good economics of going organic; the losing battle in the use of pesticides; the importance of a restructured Farm Bill; mad cow disease; and fair trade.”³. This book is a superb rallying cry to those who are distressed with the modern food system and a personable way to become aware of the industrial scale effects of our food system on the natural world, whilst learning a way to combat its seemingly steel grip on your pantry!



NB: I did not get through the whole book in time so borrowed some quotes to capture the areas I missed!

1. <https://www.goodreads.com/book/show/40725379-animal-vegetable-miracle>
2. <https://1girl2manybooks.wordpress.com/2019/08/13/review-animal-vegetable-miracle-by-barbara-kingsolver/>
3. <https://www.kirkusreviews.com/book-reviews/barbara-kingsolver/animal-vegetable-miracle/>

INGREDIENT SPOTLIGHT

Whole Wheat Grain: Conventional Wheat, Farro, Freekeh and Bulgar

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 wheat grains - either whole or cracked: conventional wheat, Farro, Freekeh and Bulgar. The grains are similar, but have been processed differently giving them varied delicious qualities. Conventional wheat, also known as wheatberries, is unprocessed WHOLE wheat. Farro is usually pearled or semi-pearled, very high in fibre, and contains the highest number of nutrients. Freekeh is young wheat grain harvested while still green, then smoked and roasted – it has the nuttiest, smokiest flavour. Bulgar is partially cooked and cracked and can be purchased in course or fine grind – fine bulgur is a delicious substitute for couscous (though takes longer to cook). All three grains can be found cracked which speeds up cooking time.

If you have a favourite wheat grain you always use, why not try something new next time you’re in the co-op? If you find whole wheat takes annoyingly long to cook, try soaking them for an hour or two before you start boiling them (or all day while you’re at work – the cooking time can be as low as 15 minutes). Also don’t add salt to the water until the very end of cooking or the grains may not soften. Whole wheat grains should not be soft like rice, but have a little bite or ‘squeak’ (but not crunch).



Course Bulgar

Fine Bulgar



Freekah



Farro



Whole Wheat

RECIPE: WHEAT GRAIN RECIPE: WHEAT GRAINS WITH BROAD BEANS AND TAHINI

Make the most of the best in-season spring vegetables and Co-op favourites like tahini and spices in this delicious grain salad. We also now have a regular stock of whole conventional wheat grains and cracked freekeh - perfect for a sharing table, or a quick meal for one. This recipe is from 'The Art of The Larder' by Claire Thomson

Ingredients:

- 250g whole wheat grains (farro, freekeh or bulgar)
- 3 Tbsp olive oil (plus extra for drizzling)
- Salt and ground pepper
- 200g Greek yoghurt
- Juice of one lemon
- 3 Tsp ground cumin
- 6 Tbsp Tahini
- 1 clove of garlic, minced
- 400g podded broad beans (or substitute for asparagus, peas or a combination)
- 1 bunch of fresh coriander, stalks finely chopped, leaves roughly chopped
- Pinch (or more) of chilli flakes



I. Cook the wheat until soft-but-squeaky. Bulgar will take the shortest (20-30 minutes for course, 10-15 for fine ground) farro the longest (an hour ish) and freekeh somewhere in-between.

II. Drain, then mix the grains in a large bowl with olive oil and salt and pepper to taste.

III. For the dressing, mix together the yoghurt, lemon juice, cumin, chili flakes, tahini, 75ml of water, garlic and salt and pepper.

IV. Cook the broad beans in a saucepan of salted water for 2-6 minutes (depending on size). If the broad beans are bigger than a thumbnail, you'll have to peel the skin off as well as the outer pod.

V. Mix two thirds of the broad beans and the coriander stalks gently through the grains. Stir in the dressing.

VI. Spread the salad on a serving plate, top with the remaining broad beans the coriander leaves, and finish with a drizzle of olive oil and salt if necessary.

EVENTS AND ACTIVITIES

Nest Box Workshop and Garden Tucker - Monday November 7th 9am to 1:00pm

Have you ever wanted to attract native birds to your area? Nicole (Southern Beaches Coastcare/Landcare volunteer) & Kristian (Okines Garden Coordinator) will be hosting a free talk and nature walk that will explore how to design, build and install a nest box for native birds. Next Box workshop starts at 10:30am. Garden Tucker will be on Monday 9am to 1pm with garden activities and a hearty lunch and dessert provided. All welcome! The Co-op will be open for shopping too!



HOT COMPOST WORKSHOP WITH DONNA AT OKINES COMMUNITY GARDEN

Monday 12th December
10am - 11am
Free

Learn how to:



Process bulk organic matter to create a quick resource for your garden.



Reduce Landfill



Learn the importance of carbon, nitrogen, water & air ratios



BOOKINGS: (03) 6265 7016
info@okinescommunityhouse.com.au

540 Old Forcett Rd
DODGES FERRY
TAS 7173



Okines Community Garden → Dodges Ferry

Upcoming dates:

TUESDAY 18TH OCT
AND
EVERY THURSDAY
STARTING 27TH OCT
UNTIL 15TH DEC

10.30am - 1.30pm

Get connected with nature and with each other at DIGNITY gardening. Come and help out in the Community Garden, join in with the art activities or simply share a meal and take advantage of the casual but professional support from our Occupational Therapist and Counsellor. All ages and abilities welcome. This is a free event.



FRRR
Foundation for Rural
Regional Renewal

Email: dignity.garden@gmail.com
Phone: 0434298445
Website: www.dignitygardening.com



TRADITIONAL WEAVING,
CULTURE AND CONNECTING
THROUGH STORY

*with first
nations weaver
Jaye Clair*

Join Saltwater Woman Jaye Clair; (Koorabubba),
Yanyuwa, Garawa, Gangalidda, for a journey into
learning the practice of traditional weaving whilst
sharing story & conversations around First Nations
people, culture, history and connecting to Country.
Enjoy an easy walk on Country
to gather materials and inspiration.
Saturday 19th November // 10am - 3pm
Okines Community Garden // \$50 // BYO Lunch
Bookings: 6265 7016
info@okinescommunityhouse.com.au




**OKINES COMMUNITY HOUSE
PRESENTS:**

**CERAMICS WITH
RED OCHRE STUDIO**

**Saturday 26th November 3pm - 5pm:
Xmas decorations**
**Saturday 11th February 3pm - 5pm:
Tea Light Holders**

\$35 per class

Join Ochre in the garden for some clay play.
Take some time out to feel the earth
between your fingers.
On the 26th of Nov - we will be creating Christmas
decorations just in time for the festive season, and
delightful Tealight Holders on Feb 11th.
Work will be fired in the kiln and available for pickup
approx. 2 weeks after class. Suitable for beginners,
Bookings: info@okinescommunityhouse.com.au 6265 7016



*After School Art
Classes*
with Nicola Holland -
Okines Community Garden

We will use a variety of mediums including
Watercolour pencils
Watercolor paints
Acrylic paints and
Nature's gifts from the garden
to create art as gifts, Christmas cards and
design your own gift wrapping paper with a
different project each of the 5 weeks.

Suitable for children from grades 3 - 6
\$80 for 5 week block
Thursday's 17/11 - 15/12 - 3pm - 4pm

Bookings Essential
(03) 6265 7016
INFO@OKINESCOMMUNITYHOUSE.COM.AU

INTERESTED?

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