

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our October-November news!

Our bi-monthly 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 this newsletter we welcome local kombucha, Debbie's eggs and Tassie hemp seed to our stock! And we spotlight nutritionally dense hemp seed and review a cookbook that will serve as a great kitchen companion this spring.

Enjoying the first warm days,
Your Co-op team



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...

Why shop at a Food Co-op?

Food Co-ops are run by their own members, focusing on community development and providing local, fresh, and high-quality products.

Okines Food Co-op values:

- Community inclusivity
- Ethically sourced products
- Collective learning

Okines Food Co-op mission:

- To build community by offering a social community experience by bringing people together when shopping, sharing healthy food, skills, and knowledge.
- To promote environmental responsibility by reducing packaging and waste, the distance we travel to shop, and providing a place for people to sell their produce locally.
- To promote healthy living by offering healthy wholefood products, raising consciousness for a fulfilled life that is focused on the essentials.

Most of all, our food co-op is a fun and friendly place to shop, and somewhere to feel connected to community culture!



STOCK UPDATES

Eggs \$7 per dozen

Debbie's eggs are back in stock as a regular item, for as long as Debbie's chooks are happy!



Dinky Di Kombucha

250ml \$2.25, 750ml \$7, 1 litre \$9.50

Now regularly stocking delicious Kombucha made by local Diana Shaw. Available in five delicious blends; Rooibos, Relax, Green, Chamomile and Blueberry. Tasters in store to try!

Kombucha is a slightly effervescent, fermented beverage made from tea, full of probiotics, great for your gut microbiome!



Walnuts are currently available as shelled pieces from Richmond Coaldale and Websters Walnuts. Sadly, Due to a poor season the local Richmond Coaldale walnuts in shells won't be available until next Autumn.

Tassie hemp seed now stocked from the Tassie Hemp Shop in Northern Tasmania. Hemp seeds are high in protein and have a healthy balance of omega 3 and 6.

Hemp seed is featured on pages 5-6.



Can't find an item in stock?

Sometimes stock runs out, ask the cashier to check for more stock under the food bins.

Not stocked? Request a special order by emailing okines.food.coop@gmail.com Bulk orders attract a discount!

Current full item and price list is posted on the website.

WHAT'S HAPPENING THIS MONTH...

Welcome to our new Food Co-op Volunteer Coordinators!

As we say farewell to the lovely Danae and wish her all the best in her overseas adventures, we welcome two Volunteer Coordinators who have stepped up to share the role.

Michelle is coordinating our amazing cashiers and cashier assistants, which includes the massive job of creating and refining the cashier roster, as well as some admin work on the backend. Michelle is excited to be moving to Carlton in November and she tells us a little bit about herself:

"I am a yoga and qigong teacher. I like to support local suppliers as much as possible and I also enjoy the social connections in community groups. I have previously volunteered in another food co-op. I enjoy bushwalking, yoga, qigong and meditation and eating healthy delicious food."



Dawn is the welcome person for new volunteers to the co-op, helping them get their paperwork completed and aligning with Jill to ensure their onboarding journey is as smooth as possible. She is also helping with admin work in the backend to ensure our systems are running smoothly. Dawn has lived in Dodges for the past two and a half years and she tells us a little bit about herself:



"When I first sighted the Okines Community Garden and Food Co-op, I knew this was a community which resonated with me. Since then, I have forged friendships and met many incredible people through my involvement with Okines. Having this opportunity to meet and greet new volunteers who are joining the Food Co-op community is super exciting to me. I am passionate about writing, healthy living, bushwalking and conservation issues."

INTERESTED IN VOLUNTEERING?

Volunteers are essential for the Co-op to operate! Active members contribute to the Food Co-op by regularly volunteering 4-6 hours per month and receive a discount of 10%.

Please get in touch by dropping into the co-op during opening hours or emailing Dawn via okines.coop.volunteers@gmail.com

Currently we need volunteers for the below:

- Cashiers for Tuesdays and Sundays
- Shops Assistants for Sundays



WHAT'S HAPPENING THIS MONTH...

CO-OP COFFEE SHOP

Tuesdays 1-4pm

Volunteer Brendan Fuller is at the Co-op on Tuesdays offering free coffee to shoppers.

Come along to relax and enjoy a game of **Scrabble!** We know you're out there Scrabble addicts!



Brandan also organises the Co-op supported forums, tea parties and live music, more details below!

MONTHLY FORUMS

WHEN: Tuesday, October 17th 2-4pm

WHERE: Okines Community Garden

TOPIC: Music

Thank you to everyone who participated in **August's forum** presented by Reconciliation Tasmania. The information sharing session on the up coming referendum was an informative workshop that generated much discussion.

September's Forum celebrated music. We discussed how music is universal and touched on how the physics of pitch shapes harmony and the building of scales.

October's Forum will expand on music, focusing on indigenous music from around the world and how it resonates with people, even if they don't know anything about the people who made the music.

November's forum topic will be decided at the end of October's discussion.

Please bring something for afternoon tea to share, the Co-op will provide complimentary tea and coffee.

INAUGURAL MAD HATTER'S TEA PARTY

Tuesday October 10th 2-4pm

An afternoon of fun and frivolity. Hats, cakes, cups of tea. Does this sound like you? The Co-op has a wide range of specialty teas that are waiting to be sampled!



If you would like to be involved in helping make the Mad Hatter's Tea Party come to fruition send us an email and you can chat details with Brendan

Inaugural Mad Hatters Tea Party

Tuesday October 10th
2-4pm



The Food Co-op would like to invite you to the Inaugural Mad Hatters Tea Party. Come along and enjoy our extensive range of specialty teas. **BYO** something to share for afternoon tea. **BYO** a hat.

LIVE MUSIC

Music Blackboard is every 4th Tuesday from 2-4pm

**Next sessions:
24th October
28th November**

September's blackboard went off! Steve opened with a set of his Spanish inspired songs. After his set he was joined by Dave on harmonica and Brendan on guitar. The trio played some blues and jazz tinged instrumentals, with a touch of vocals, that were well received by the audience.

If you or someone you know would like to play, come on down.



INGREDIENT SPOTLIGHT: HEMP SEED

Each month in the newsletter we want to spotlight an ingredient in the co-op that you might not have used before. This month it's hemp - specifically, **hulled hemp seed** (sometimes called hemp heart), which the co-op is now able to source from a Tasmanian supplier; The Tassie Hemp Shop, with farms located in Northern Tassie. Check out their website for more about their farm and story: thetassiehempshop.com.au



Characteristics: Hemp is native to China, and its cultivation has been traced back at least five thousand years. It's been used to make cloth, rope, paper, as well as, of course, food and oil. Shelled hemp seed is high in protein (about the same as soy) and essential fatty acids (much more than soy), vitamin E, B vitamins and potassium. Shelled or ground hemp seeds or hemp oil are the easiest way to absorb all those nutrients.

Hemp oil also makes a great salad dressing, and it's good for the skin. The recipe below shows an easy way to incorporate hemp seeds in a seasonal meal to welcome spring, but you can add hemp seeds to anything where you might be using grains, seeds or nuts; porridge, cakes, falafel - follow your (hemp) hearts!

Madeleine Laing, Co-op Recipe Manager

INGREDIENT SPOTLIGHT RECIPE

Cannellini Bean and Asparagus Stew with Crunchy Hemp

This recipe was inspired by one in the book 'Hemp Nut Cookbook' by Richard Rose and Brigitte Mars – this book is currently available to browse (but not take home) at the co-op!

Ingredients:

- 400g dried cannellini beans, or 2x cans
- Olive oil
- 2 garlic cloves, crushed
- 1 or 2 bunches of asparagus
- 1 cup of stock
- Salt
- Juice of half a lemon
- 1/4 cup shelled hempseed
- 1/2 tsp curry powder
- Handful of fresh parsley
- 1 tsp black pepper
- 2-4 slices of bread (optional)

**Instructions:**

If using dried cannellini beans, cook using your preferred method.

Heat oil in a medium pot, then cook garlic until lightly browned. Drain cannellini beans, and add half of the beans to the pot. Add the stock, then with a stick blender, blend until smooth (you can use a potato masher, or just skip this step if you don't have a stick blender). Keep warm on a low heat.

Snap the ends of the asparagus, then drizzle with oil. Heat a large skillet, then grill the asparagus until lightly browned. Sprinkle with salt then transfer to a bowl and set aside.

Using the same skillet, toast the hemp seed and curry powder for 2-3 minutes until toasted and fragrant. Set aside. Add the rest of the beans, lemon juice, parsley and pepper to the pot with the blended cannellini beans. Make sure they're warmed through.

Spoon the beans onto a plate, top with the asparagus, and sprinkle with toasted hemp seeds. Serve with toast rubbed with garlic and drizzled with oil/buttered!



Bonus recipe: Hemp Milk! Fancy adding hemp to your breakfast too? Make your own hemp milk for your coffee or cereal: Process 1 cup of shelled hemp seed, 1-3 tablespoons of honey or maple syrup, 1 teaspoon of vanilla extract and 1 tablespoon of lemon juice in a blender. Add 1 litre of water gradually, blending for about three minutes in total. Strain. This will keep in the fridge for about a week.

Madeleine Laing, Co-op Recipe Manager

BOOK REVIEW

Stephanie Alexander's Kitchen Garden Companion: Cooking

The great advantage of this book is the way it is structured. A key ingredient forms the basis of a set of recipes, which vary culturally, but are all based around that key ingredient e.g. potatoes or coriander.

Structured in this way, you are enabled to look at your vegetable garden, see what is next ready for harvest, look up recipe choices that revolve around that ingredient, and then purchase the other necessary items in that recipe before you harvest the said item.

The cultural variety is impressive but certainly not exhaustive – usually 4-5 recipes for each key ingredient. As a gluten free person, I did note while there are recipes that do not rely on flour, any recipe that does use flour, there are no suggested alternatives. However seasoned GF'ffers, will no doubt have a handy substitute already prepped.

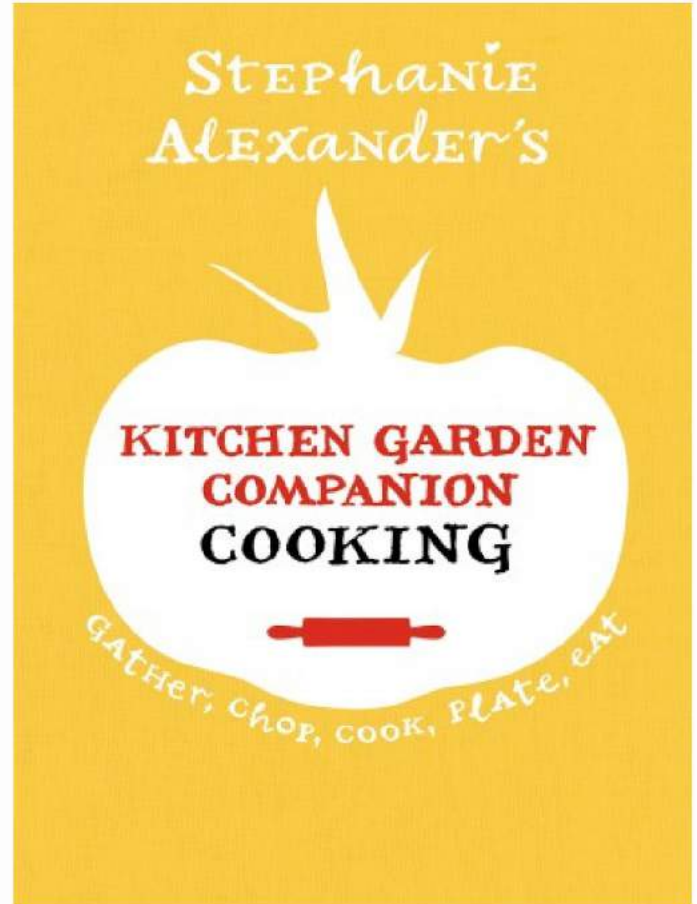
There are a few full-page colour photos within each key ingredient section showing examples of completed dishes. There is often a bit of history/context or background for some recipes which provides some points of interest. The recipes themselves are delivered in short paragraphs describing the order of creation below quantised lists of ingredients.

Despite the cultural variation mentioned above, there is a similar set of condiments across most recipes making these quite accessible to get the ingredients required.

Additionally, there is a list of tools that are useful to Stephanie in her Kitchen at the start, and an appendix of terms referred to as "Basics" at the back of the book before the ever-handly index.

The recipes are tasty and wholesome, most sauces are instructed from scratch. If you are having "Harvest glut" problems in the garden, "Stephanie Alexander's Kitchen Garden Companion: Cooking" might be the solution for you to vary what to do with that excess of nettles, cabbage or Kohlrabi!

Tim Duffy, Co-op Library Manager



SPRING SCHOOL HOLIDAY PROGRAM 2023

Wed 4th October - 10am to 12pm

MOSAICS

Come along with a parent or supervisor to create your very own mosaic masterpiece with local Mosaic artist Kerry Howlett (Dodges Ferry Mosaics). \$15pp.

Fri 6th October - 10am to 12pm

GARDEN ART & STORYTIME

Bring your creative skills as we beautify and upkeep the Bush Tucker Garden established during NAIDOC Week 2023. FREE

Wed 11th October - 1pm to 2.30pm

CERAMICS (Ages 8 - 15)

Come along to create and paint/glaze, your own chook or rabbit to keep. Creations will be available for collection in approx. 4 weeks. \$45pp.

Friday 13th Oct - 10am to 12pm

BOHO DREAM CATCHER (Ages 8 - 15)

Create your own beautiful Boho inspired dream catcher using vintage doilies, beads, and feathers. FREE.

All activities have limited spaces, so please contact us to book your place on 6265 7016 or info@okinescommunityhouse.com.au





OKINES
COMMUNITY HOUSE
INC



MACRAME TWO TIER PLANT HANGER WORKSHOP

4 WEEK COURSE
TUESDAYS,
STARTS OCTOBER 17 2023
9.30am - 11.30am

Bookings
(03) 6265 7016 or
info@okinescommunityhouse.com.au

If you've always wanted
to get tied up in
Macrame knots, this
course is for you!

This 2 hour beginners
course over 4 weeks,
starts with the basics,
making a 2 tier plant
hanger. If you gain
enough confidence then
you can endeavour to
learn more!

Course is \$40 pp and
includes jute material for
the hanger.

Limit of 10 ppl only.

540 Old Forcett Road
Dodges Ferry (next to the
Dodges Ferry Primary school)





Okines Community House Inc.

Seniors Week 2023

16th October - 22nd October

Monday 16th October



10:30am - 12:30pm Knit and Natter

Learn to knit or crochet from scratch, improve your skills or teach others what you know. From novice to expert, everybody is welcome! Bring a project you are working on or knit for a cause. Wool and needles are available.

Tuesday 17th October



1pm - 3pm Card Group

Join our fun and vibrant group of people that meet each Tuesday to play cards. New members are always welcome, so please come along for an afternoon of good company and laughter.

Wednesday 18th October



10am - 11am Tai Chi

Tai Chi is for people of any age and fitness level to enjoy and gain positive health benefits. No special equipment is required, but please wear comfortable clothing.



1:30pm - 2:30pm Digital Literacy

Join us in a group session to learn more about online safety and how to identify scams. In the digital day and age, this information session is a must!

Thursday 19th October



10am - 1.30pm Paint and Sip \$20pp

Bring a friend, or make some new ones, while our guide takes you through step by step to create your own canvas masterpiece to take home. We will stop and enjoy some Soup and Sandwiches for lunch before completing our finishing touches. All painting equipment is provided, as well as Tea and Coffee, and lunch. Get in quick as spaces are limited!

Friday 20th October



10am - 12pm High Tea

Come along and enjoy musical entertainment from the Dodges Ferry Primary School in our lovely community garden. Afterwards, we will enjoy a High Tea including cakes, slices, and sandwiches. This is a wonderful opportunity not to be missed!

Seniors Week celebrates older Tasmanians and recognises the contributions we make to our communities. It's a week of events for older people, all over Tasmania.

Seniors Week events allow us to connect and share experiences, learn something new or find out useful information.

All activities offered at Okines Community House are free, unless otherwise stated, however spaces are limited. Please call us to book your place on 6265 7016.

Contact us

03) 6265 7016

info@okinescommunityhouse.com.au

540 Old Forcett Road, Dodges Ferry

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)