

OCTOBER 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 October, we open on Fridays, try out DIY cleaning and dive into the garden this Spring with wood fired pizzas featuring fresh garden produce and a native plant giveaway.... 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...

## Opening on Fridays!

We took on your feedback for opening the Co-op on another day and will be opening on Fridays from 10am - 1pm commencing October 7th. Thank you to all who provided feedback. **Please let your friends know!!!**

## Book Library

There will be a space on the shelf near the book library in the co-op for newly donated books. If you would like to donate any books to share food, cooking and nutrition information please leave in this space and our library manager Tim will organise into the library. Thank you for your generous donations and happy reading!

## Neighbourhood Houses Tasmania Conference 'Sustainable Living': THANK YOU!

The Okines House and Food Co-op would like to extend a thank you to all of the wonderful volunteers who helped for the Conference hosted by Okines. The pizza night was a great gathering and we thank all volunteers for producing, cooking and presenting delicious food from the garden and Food Co-op! Volunteers also helped pack gift bags, cleaned and sorted the community spaces and made flower garlands for the conference dinner table decorations. We were able to share the incredible work our volunteers do and had great feedback on the Food Co-op and Garden.

At the conference, it was inspiring to hear the holistic views on sustainable living with the underlying themes of motivation and awareness of the importance of community, listening to everyone and giving time, space and acceptance of all. Tania Brooks shared the magic of volunteering as part of a community for what we are passionate about. When we come together connection is created and we nourish our mind, body and spirit. Great ideas flowed from Kirby Curwin (The Van Dieman Project) on how to promote Okines/the Co-op to the local community. We were encouraged to think about the future by Hannah Maloney who referenced the book 'The Good Ancestor' by Roman Krznaric and to think broadly about our actions now and how they are contributing to the world well beyond our years. Hannah provided a powerful concept to leave an empty chair at every gathering to symbolise that the children of the future are always part of the discussion.

## Product update: Liquid Concentrate

The liquid concentrate is an all-in-one cleaning base that will replace any conventional cleaning product! The concentrate and recipes are kindly supplied by Tracey who previously made her Clean Conscience products. By using this concentrate, you can make products yourself when needed, reduce waste and increase storage in your cleaning cupboard.

The recipes are available in the Co-op and include multi-purpose cleaner and spray, dishwashing, floor and windows, heavy duty cleanser (e.g. ovens), laundry, veggie wash and hand and body wash. Very versatile stuff! We encourage you to give the recipes a go!

Some of the recipes require other ingredients that are available in the Co-op:

- Bicarb soda
- Vinegar
- Soda ash
- Optional essential oils (not available in the shop)

## Ho Ho Ho...

Christmas is around the corner... there are Christmas pudding cloths for sale in the Co-op for \$4 each. Please send us your favourite Christmas recipes to share on our website!





### Spanish Bible, by Kindersley Dorling

This book has most of its recipes laid out on a single page, sometimes with an associated image. The photography displays the final dish served on appropriate tableware focused in the foreground of the image with a sense of lighting that highlights the succulent nature of the food. As is often the case, the photography provides quite a motivating source of inspiration and a challenge for you to measure your efforts against, the food looks extremely moorish (mm hmm, I made that statement!). The instructions are written in simple conversational tone, usually of 3-4 short sentences or paragraphs to separate each stage of the process. This style does make each recipe easy to follow, although a couple of recipes I encountered felt a little confusing as to which pan, or ingredient was I to act upon).

The main challenge that the Spanish Bible proposes is the type of ingredients that are within many of the dishes. To get the flavours of Spain, the ingredients required will take you to the delicatessen, sourcing some often expensive items – Jamon, chorizo, artichokes, high quality olive oil, saffron, sherry and sherry vinegar, but especially

Spanish paprika. Whilst these are not essential in all recipes, signature flavoured dishes require these ingredients. There are also no substitute ideas offered e.g., for gluten free substitutes, but that is not the point of this book. The “Spanish Bible” is written in an accessible format to allow us simple folk to engage in the dishes of Spain. It has a great variety of meals (with 50 pages of Tapas ideas!) including sweets (the part of the book I started Trying first!). To access the taste of Spain, a good introduction is certainly the “Spanish Bible”.

## INGREDIENT SPOTLIGHT

### Dried Bush Foods

As the days get longer with daylight savings kicking October 2nd and the weather warming up, bush walking is a favourite!

The Food Co-op now stock dried bush walking foods to take on your adventures. Foods include dried carrot, onion, tomato, sweet corn and mushrooms. These dried vegetables can be soaked for 20 minutes in hot water prior to cooking, or thrown straight into the pot! There is also stock powder, nutritional yeast, nuts, dried grains, fruit, legumes and herbs and spices that are great for well rounded nutrition and flavour. These foods are great because they are light, non perishable and can easily be made into nutritious meals with the addition of water while taking in the most remote walk in Tassie.

Give them a go and let us know what you think!



## RECIPE: BUSHWALKING LENTIL DHAL

This is a bushwalking version of a red lentil dhal. This recipe serves one and requires the ability to boil water.

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### Ingredients:

1.5 cups of boiling water  
1/4 cup combination of dried onion,  
carrot and tomato  
1/4 cup dried red lentils  
3 tbsp rice  
1/2 tsp vegetable stock  
1 tsp curry powder or to taste

Optional: 1 tbsp coconut milk powder  
for a creamier flavour. This may require  
slightly more water.



I. Add 1.5 cups of water, stock, lentils, rice and dried vegetables to a pot over medium heat. Bring to boil then reduce to a simmer for ten minutes or until rice and lentils are tender. If the mixture starts to become too dry add more water.

II. Stir through curry powder to taste.



## EVENTS AND ACTIVITIES

**Garden Tucker & Working Bee - Monday October 3rd 9:30am to 1:00pm**

Join us as we celebrate our lovely community with freshly made wood fired Pizzas. Feel free to drop by earlier to lend a hand in the garden or join us for craft activities including creating mosaics. Pizza lunch with fresh produce from the garden is provided as well as tea, coffee and dessert. Garden Tucker lunches happen at Okines on the first Monday of the month and all are welcome no bookings needed. The Co-op is open for shopping, too!

**Free Native Plant Giveaway - Sunday October 9th 9am to 12pm @ Okines Community Garden**

The garden have been generously given 600 native plants to give to the community. Please drop by the Okines Community Garden to pick up a bunch of native plants for your own garden or backyard (all free!). There will be a huge variety of plants including trees, shrubs and reeds which will suit the local area. Get in quick because they will go fast! Plants will be available for pickup from 9am to 12pm on Sunday the 9th of October until they run out. We would like to thank G.J. Gardner Homes for generously providing the funding for these plants as well as Wildseed Nursery and Fifteen Trees for helping us to make this happen.

**SCHOOL HOLIDAY PROGRAM @ OKINES****Monday 3rd October 11 till 1**

**Make your own pizza at Garden Tucker** - Learn how to make your own pizza from scratch using garden ingredients // Free  
\*\*Please note this activity is a child parent activity and is offered as part of Okines monthly Garden Tucker event.

**Mondays & Thursdays 11 till 3**

**Bike Maintenance Workshops** - Drop in to learn how to care for and maintain your bike including repairing punctures, straighten bent wheels, broken chains and adjust de-railers // Free // BYO snacks // No bookings necessary.

**Monday 10th October 10 till 12**

**Lets make a scarecrow!** Spring is here and we need a garden guardian to protect the seedlings // Come and help make a scarecrow // Free // All ages // BYO snacks

**Friday 14th October 1 till 3**

**Sew Your Own Tote** - Learn basic sewing skills and take home your own tote bag // Free // BYO snacks



6265 7016 / [INFO@OKINESCOMMUNITYHOUSE.COM.AU](mailto:INFO@OKINESCOMMUNITYHOUSE.COM.AU)

540 OLD FORCETT RD, DODGES FERRY

PLEASE NOTE CHILDREN UNDER 8 NEED ACCOMPANYING ADULT

BOOKINGS

# Okines Community House Introduction to Mindfulness

Tuesday 11th October 2022

10.00am - 11.00am

Free workshop with Helen, Okines Support Worker for a discussion on mindfulness, including an exercise on mindfulness of breath and mindful eating of chocolate

"Mindfulness is a way of paying attention moment to moment to whats happening within and around us without judgment"

Tara Brach

Bookings Essential: Phone (03) 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

Mental Health Week 8th - 16th October 2022



# SENIORS WEEK

17-23 OCTOBER 2022

17 OCTOBER  
10:30AM - 12:30PM

### MONDAY - KNIT & NATTER

Come along & learn to knit or crochet from scratch, improve your skills or teach others what you know, by donation.

17 OCTOBER  
11AM - 1PM

### MONDAY - POTTED HERBS IN THE GARDEN

Come and join our community garden team and learn about herbs, their culinary and nutritional uses and benefits and how to pot them up to take home. Enjoy fabulous garden vegetable soup for lunch, no cost.

17 OCTOBER  
1PM - 2:30PM

### MONDAY - THE BENEFITS OF MEDITATION

Learn how your breath can alleviate feelings of stress, anxiety and overwhelm. Join Lisa Kingston and relax into the practice of Meditation. \$10 per person

18 OCTOBER  
10:30AM - 1:30PM

### TUESDAY - DIGNITY SUPPORTED GARDENING

Join us for a morning of gardening, art activities and food. Our professional team (incl. Occupational Therapist and Mental Health Counsellor) is there to support people from all walks of life and with all levels of ability/mobility to get stuck into the garden. Free

19 OCTOBER  
10AM - 11AM

### WEDNESDAY - TAI CHI

Come and experience the mental and physical benefits of Tai Chi in this taster class. People of any age and fitness level can enjoy this practice to help with stress, anxiety, physical pain, joint stiffness and mental wellbeing. \$5 per person

21 OCTOBER  
10:30AM - 12:30PM

### FRIDAY - CREATE A MANDALA

Mandalas create peace and calmness, a sense of balance, help with concentration and mindfulness. Learn how to create your own mandala with Tom Tenneswood. Class by donation. Bring an open mind.



OKINES COMMUNITY HOUSE/GARDEN 540 OLD FORCETT ROAD,  
NEXT TO THE DODGES FERRY PRIMARY SCHOOL  
Please book on 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## OKINES COMMUNITY HOUSE

### NBN DIGITAL LITERACY PROGRAM

TECHNOLOGY ASSISTANCE

5TH OCTOBER 1.00PM - 2.00PM  
ONLINE BANKING AND SHOPPING

19TH OCTOBER 1.00PM - 2.00PM  
GET ONLINE- LETS GET ORGANISED  
AND LEARN ABOUT APPS

9TH NOVEMBER 1.00 - 2.00PM  
SCAMS AND DEVICE SECURITY  
AWARENESS

7TH DECEMBER 1.00 - 2.00PM  
PREPARATION FOR EMERGENCIES, POWER  
OUTAGES & BUSHFIRE SEASON

We are very lucky to offer these FREE sessions with the support of the NBN



BOOKINGS (03) 6265 7016  
[INFO@OKINESCOMMUNITYHOUSE.COM.AU](mailto:INFO@OKINESCOMMUNITYHOUSE.COM.AU)

540 OLD FORCETT ROAD, DODGES FERRY

## 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](mailto:info@okinescommunityhouse.com.au)

### Interested in volunteering at the Co-op?

The Co-op currently needs more cashiers and shop assistants. These two roles work together during opening times to serve and guide customers while maintaining stock.

For an average of 4-6 hours of volunteering per month, you receive a **15% discount** on most of our stock! Please drop in or contact us for more info.