

# 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 September, we celebrate the anniversary of our peanut butter machine at Garden Tucker and embrace the coming of Spring! We invite you to try our ingredient spotlight red rice and explore the technique of fermenting. Enjoy!

Your Co-op team



**OPEN**  
**TUESDAY 1.00PM-5.00PM**  
**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...

## Peanut Butter Lunch

**TO CELEBRATE THE ONE-YEAR ANNIVERSARY OF OUR PEANUT BUTTER MACHINE, WE ARE HOSTING A PEANUT-THEMED GARDEN TUCKER LUNCH!**

**When:**  
Monday 5th  
September 11am - 1pm

**Where:**  
Okines Community Garden

Come and share a peanut butter inspired lunch menu!\*

If you like, contribute with a plate!

A thank you to Neighbourhood Houses Tasmania/Healthy Living Tasmania Grants & John Hunter from 2A4 Small Grant Scheme  
\*this event may not be suitable if you have nut allergies

## Spring is upon us!

The days are getting longer and the flowers are preparing to bloom as the colder months come to an end. Next time you are around the Food Co-op take notice of the apple, pear and stone fruit trees starting to sprout new life! The Garden Team have recently created signs for the fruit trees, we welcome you to explore and enjoy.

The chooks are embracing the coming of Spring too as they have started laying! Eggs have returned to the co-op delivered on Tuesdays dependant on availability.



## Opening the Co-op on another day

We are considering opening the Co-op on either a Thursday or Friday. Please respond to our email with a yes or no and any preferences for the day if interested!

## Interested in volunteering at the Co-op?

The Co-op currently needs more

- cashiers and shop assistants
- jar and bottle sterilisers
- shop assistants

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.

## Neighbourhood Houses Tasmania Conference 2022: Sustainable Living

We are excited to let you know about the upcoming Neighbourhood Houses Tasmania Conference for 2022. This year, Okines Community House in the role of host house, is pleased to be working with Neighbourhood Houses Tasmania and Community Gardens Australia to present an exciting conference line up in the theme of "Sustainable Living". The conference is being held at the newly opened Iron Creek Farm Stay from 21 to 23 September.

Check out the program here:

<https://www.nht.org.au/events/2022-state-conference>

## Volunteers needed:

The Food Co-op are seeking volunteers to assist the week prior to the conference to package gift bags. If you are interested please email [okines.coop.volunteers@gmail.com](mailto:okines.coop.volunteers@gmail.com).

Okines are seeking more volunteers to assist with the Welcome to Okines Pizza Evening on Wednesday the 21st of September in the garden. We need people to help in the garden kitchen and provide a welcoming environment, food and drinks for (up to) 200 conference attendees. Please get in contact the office if you are keen to be involved in this fun and exciting event. [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) 6265 7016.

## The Co-op wish list is no longer

If you are interested in the Co-op stocking a particular product, please send individual enquiries about products via email so we can investigate with our suppliers what's available and to what price.

**Fermenting, by Fern Green**

Fermenting by Fern Green is the illustrated guide to making your own healthy bacteria filled flavoursome ferments. It is the perfect entry level text for the visual learner (like me!). The minimal text in the introduction of the book and at the start of each section enforces the “can do” attitude that this book imparts to the reader. With a variety of 65 recipes covering Fruits and Vegetables to fermented beverages like Kefir and Kombucha, this book has interest even for the seasoned fermenter with interesting combinations that you may not have been exposed to before.

Each recipe has a double page spread with photos of what your ingredient preparation should look like (each item on a separate dish) then a photo of the ferment in its suggested container. The colours are vibrant against the stark white of the pages, producing a crisp effect that creates a sense of ease in both the preparation and containing of the product.



My only quandary with the text is its simplicity which demands a “can do” and a “lets just see how it goes” approach, as there are few to any ‘be careful of’ within each recipe. The Methods section covers the basics of what you need, including container types. The timings of the different ferments are included and suggestions for ‘chill’ time in the refrigerator as well. For anyone interested in making a start at fermenting this little book is highly recommended, but for all fermenters out there, the illustrated variety of recipes is a must flick through to make sure you have got it all covered. Keep an eye out for this one on the Shelf!

**INGREDIENT SPOTLIGHT**

**Red Rice**

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 a colourful twist on a favourite grain: red rice! This is a new product for the co-op, so if you haven’t tried this variation yet, add it to your shopping list. The recipe below also uses a few other co-op staples: tahini, pepitas and cranberries!



Characteristics: Red rice is similar to brown rice; it’s a whole grain, and has the highest nutrient value of all whole-grain rices; including fibre, iron, vitamin B1 and B2 and calcium. It has a delicious nutty flavour, and is a fun alternative to white rice. Red rice is used all around the world, though the major varieties originate from India, Brazil, Malaysia, Thailand and The Philippines.

Red rice is available at the Co-op: conventional, India.

# RECIPE: RED RICE WITH PEPITAS, TAHINI AND CRANBERRIES

This is a simple, quick side for a meat dish, Mexican-style beans, or even served with some simple roasted vegetables. This is also a good lunchbox salad for work.

## Ingredients:

2 cups red rice  
 1/4 cup dried cranberries, roughly chopped  
 1/2 cup pepitas  
 1 tbsp. tahini  
 1/2 lemon, juiced  
 1 Tbsp honey  
 1/4 cup olive oil  
 Half a bunch of coriander, roughly chopped  
 100g fetta cheese, crumbled (optional, omit if vegan)  
 Salt and pepper, to taste



I. Preheat oven to 180 degrees.

II. Rinse the rice two or three times to remove excess starch (this makes the rice fluffier, and stick together less when cooked). Add four cups of water to the two cups of rice, and cook either in the rice cooker or covered on the stove until all the water is absorbed.

III. Spread pepitas on a lined baking tray, and toast in the pre-heated oven for 10-15 minutes until golden brown. Tip in a bowl with a pinch of salt and mix through.

IV. Mix together tahini, lemon, honey and olive oil in a small bowl. When the rice is cooked, leave it to cool slightly (10-15 minutes) then mix through the dressing, coriander, and pepitas. Season to taste (noting that the fetta will make it saltier). Top with fetta and serve warm.

## A NOTE FROM THE FOOD CO-OP

The Okines Food Co-op respects the Board's decision to end the Covid-19 vaccination mandate at Okines. We want to acknowledge the distress the mandate has caused some of our volunteers, who were prevented from performing their tasks on site. We recognise that the implementation of the mandate at the Food Co-op made some of our members feel devalued and excluded. We wish to reaffirm that we equally welcome and value all our volunteers and their efforts to support our community. We acknowledge the challenges during the Covid-19 pandemic have been very varied, and continue.

## EVENTS AND ACTIVITIES

### **Garden Tucker Peanut Lunch, September 5th, 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.

We will have the amazing Gwen Egg fibre artist extraordinaire coming along to Garden Tucker this month to help us create some woven wreath / garlands to use at the NHT Conference as part of the 'Most compostable table decoration competition'. Come along and get into the garden, weave some wreaths and have some tucker. All welcome.



NEIGHBOURHOOD HOUSES TASMANIA  
CONFERENCE 2022

## Sustainable Living

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Exploring the NHT Conference venue at the fabulous Iron Creek Bay Farmstay

The formal program will be out shortly so keep an eye out for that. In the meantime we are calling for volunteers who would be willing to assist us with a variety of admin and catering tasks during the Wednesday and Thursday of the conference.

If you are interested in volunteering or require further information please contact the office via [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) or phone (03) 6265 7016.

OKINES  
COMMUNITY  
HOUSE



## DIGITAL LITERACY:

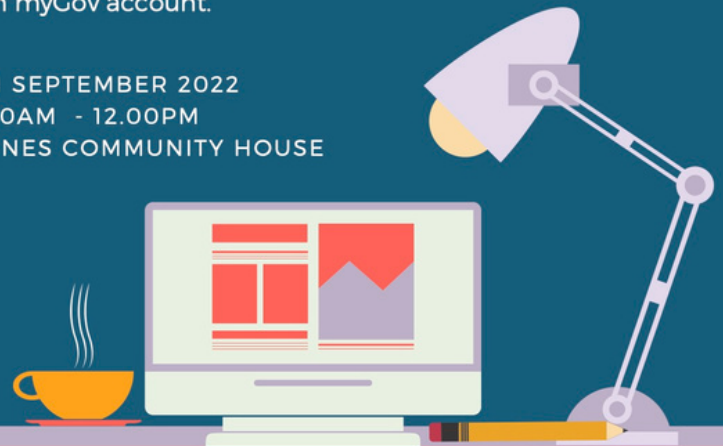
### INTRODUCTION TO MYGOV

Did you know that your My Gov account can link you to your government online services?

Medicare (Vaccination certificates), Centrelink, ATO, NDIS, My Aged Care, My Health Record and more.

Come along to this session and learn how to set up your own myGov account.

7TH SEPTEMBER 2022  
11.00AM - 12.00PM  
OKINES COMMUNITY HOUSE



PLEASE BOOK BY PHONING (03) 6265 7016 OR  
EMAIL [INFO@OKINESCOMMUNITYHOUSE.COM.AU](mailto: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](mailto:info@okinescommunityhouse.com.au)