

DEC 23 - JAN 24

# CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our December-January 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 spotlight pine nuts, sharing a delicious vegan recipe fit for the Christmas table! We review a cookbook on kitchen wisdom, and have new stock that will get you ready for summer adventures.

Have a very happy Christmas!  
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](mailto: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...

### HOLIDAY TRADING

The Co-op will be closing for Christmas and New year. Last opening is Sunday 24th December 9.30am - 1.30pm. Reopening Friday 5th January 9.30am - 1.30pm.



### CO-OP GIFT GUIDE

DIY your Christmas gifts with our wonderful range of local, organic, bulk foods for eco-friendly gift giving this Christmas!

Assemble a thoughtful Christmas hamper, using our looseleaf teas, fresh local coffee, honey, homemade jams and biscuits, chocolate, and skin care products. A perfect gift suitable for everyone!



### Want to sell your items at the Co-op?

We're always eager to try new items at the Co-op! Please get in touch with Jill if you're interested in selling items through the Co-op via [okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)

We're especially interested in supplies of:

- **Fermented goods** to compliment our very popular Dinky Di Kombucha.
- **Free Range Eggs** - we need eggs! Call out to anyone who has excess or knows anyone who could become a supplier.



### STOCK UPDATES

Now stocking **tapioca seeds** for frog eggs puddings.

#### Yuwana biscuit

One of our longstanding volunteers Ioanna, is making her delicious almond and pepita/choc biscuits for sale singly or in bags of 5-6. Please support her new venture.

And don't forget to try Ioanna's new **Okines Masala Spice mix (caffeine free)**, delicious in the teapot or add to coffee or hot chocolate.



### Bushwalking foods and snacks

Prepare for your next outdoor adventure at the Co-op! We have an ample range of bushwalking foods available including, dried vegetables, such as tomato, carrot, corn, onion and mushrooms, as well as many different dried fruits, nuts, seeds and chocolate.

This month we're introducing **soy crisps, banana chips, salted chickpeas** and **dried green peas** to the Co-op's bushwalking foods and snack range.



## WHAT'S HAPPENING THIS MONTH...

### Join us to celebrate a very Co-op Christmas at the Small Town Market Day Sunday 17th December 10am - 3pm

We're extending our opening hours to 3pm to match the Small Town Market day on Sunday 17th December.

We would love to increase our supply of preserves to sell on that day, so if you have any 'in date' jars you would like to donate (or sell to us - allowing for a small markup for the co-op), please leave them in the co-op or in the Community house office by **Friday 15th December**.

If you have any fresh produce you would like to sell independently, please bring that along and set up a mini stall or table outside the co-op.

### INTERESTED IN VOLUNTEERING?

Active members contribute to the Food Co-op by volunteering 4-6 hours per month and receive a 10% discount.

Please get in touch by emailing our Volunteer Coordinator Dawn via [okines.coop.volunteers@gmail.com](mailto:okines.coop.volunteers@gmail.com)



### Food Co-op shines at the school fair

Baked goodies, jams and soaps were in high demand at the Food Co-op stall at the Dodges Ferry Primary School Fair in November. The atmosphere was lively as students, parents and community members wandered amongst the stalls and partook in the activities and food on offer.

Huge thanks to our incredible volunteers Jess, Julie and Astrid who helped with the set-up of the stall, ran the stall and then packed up afterwards. And thank you to Cholpon, Wendy and Merryl for providing us with an array of baked goods which were very popular with fair goers.

It takes a team effort to get these things off the ground and everyone pitched in to help, which was really appreciated. Attending events like the school fair is an important way for us to engage with the community and invite people to become members and shop at the co-op!

### Dawn Green, Food Co-op Volunteer Coordinator



# WHAT'S HAPPENING THIS MONTH...

## CO-OP COFFEE SHOP

Tuesdays 1-4pm

Every Tuesday volunteer Brendan Fuller provides free coffee and a game of scrabble to Co-op shoppers and visitors! Brendan also organises the Co-op supported forums, tea parties and live music, more details below!

## MONTHLY FORUMS

This December, we're taking a break from the discussion forum, but January's is in the pipeline! Details will be sent out to Co-oppers via email.

Our series of Discussion Forums has been well attended. In October we continued our discussion on music. In November the topic was about the spiritual value of gardening. "To plant a garden is to believe in tomorrow" Audrey Hepburn.

Thank you to everyone who has joined us over the course of the year!

## LIVE MUSIC

**Next Blackboard session:  
Tuesday 23rd January, 2-4pm**

Another great blackboard this October and November, thank you to everyone who has performed this year. No Blackboard is planned for this December. But we'll see you again for more live music in January.

## MAD HATTER'S TEA PARTY

Tuesday December 5th 2-4pm

Join us for an afternoon of fun, frivolity, hats, cakes and cups of tea!

The October and November Mad Hatters Tea Parties were blessed with good weather, yummy snacks, excellent beverages, and, most importantly, good company. A fine day was had by all.

Thanks to all who participated. A special thanks to those who provided food, and helped out with setting the scene, and cleaning up.

Looking forward to seeing you at the final tea party of 2023!



Mad Hatters Tea Party  
Okines Food Co-op  
10-10-2023



## BOOK REVIEW

**Back to Basics: Traditional Kitchen Wisdom**

**Techniques and recipes for Living a Simpler, more sustainable life**  
**Edited by Andrea Chesman**

This book's main focus is what to do with the produce that you have as excess from your gardening endeavours. The how to grow and set up a garden is covered at a glance with a modest 8 pages. It has some useful tables covering food storage and planting times to give you the ability to have your own food all year round.

It covers methods on cold storage (not in a fridge!), freezing, bottling, drying, pickling, and making fruit and vegetable preserves, jams, jellies, butters, juices and liqueurs.

The strength of the book is its comic format that shows illustrations of the steps involved in each method. The coverage of recipes for each type of fruit and vegetable is impressive. Detail is provided for how to grow and preserve each of the main vegetable types, including interesting mixtures within each of the preserving methods.

At the start of each chapter, there is detail on some main vegetable characteristics which are associated with the preserving method being covered in that chapter. The book is good as a general overview of how to preserve the foods you grow, it shows the equipment you need, and gives clear steps on how to achieve this dream – should it be yours to fulfil.

**Tim Duffy, Co-op Library Manager**



## INGREDIENT SPOTLIGHT: PINE NUTS

Each month in the newsletter we want to spotlight an ingredient from 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 a luxurious ingredient that adds a something special to any dish – **pine nuts!**

Why are pine nuts so expensive? Because of the huge effort it takes to produce them! Pine nuts are found inside the mature cones of pine trees, which can take 20 years to grow, and then the cones themselves must mature for 18 months. Once grown, they cones are picked then left in burlap sacks for 20 days to dry out, then they are broken up to reveal the nut inside, which then has to be hulled by hand. A huge amount of work for such a small (but delicious) prize. Pine nuts contain magnesium, iron, antioxidants, zinc, protein, and healthy fats.



Because of their expense (even at very reasonable co-op prices!) pine nuts may not often be in your shopping basket, but for a side dish like the one below, perhaps served as part of a Christmas spread with roast meat dishes, it's totally worth it for vegans and vegetarians to feel like they're also getting a treat. Of course, you can also substitute for other sweeter nuts like almonds or macadamias if you prefer.

**Madeleine Laing, Co-op Recipe Manager**

## INGREDIENT SPOTLIGHT RECIPE

**Fried Cauliflower with Pine Nuts, Sultanas and Caramelised Onions**

This recipe is from the cookbook 'Rumi' by Joseph Abboud. Iranian food, and that of other countries in the Middle East is full of recipes that mix dried fruit and nuts in savoury dishes with delicious results. This recipe works beautifully as part of a vegetarian spread, with rice or lentils, or as a side dish to a meat main. Allspice is made from a ground dried berry (and is not a spice blend as some things). If you can't get hold of this, a mix of warm spices like cumin, coriander, cinnamon and nutmeg would also be nice.

**Ingredients:**

- 100ml vegetable oil
- 2 tablespoons pine nuts
- 2 Onions, cut into small dice
- 1 tsp ground allspice
- Salt, to your taste
- ¼ cup sultanas
- 1 cauliflower
- Oil for deep frying
- Plain flour

**Instructions:**

Heat a small frying pan over low heat and add 2 tablespoons of vegetable oil and the pine nuts. Fry gently until golden brown, then remove with a slotted spoon onto paper towel. Alternatively, you can toast then nuts in the oven or a dry pan - frying nuts is just more traditional in the Middle East.

Add the rest of the oil to the frying pan, heat until very hot, then add the onion, stirring frequently as it starts to colour. Turn the heat down to low and allow the onion to caramelise slowly - this may take up to 30 mins, stirring occasionally. Add salt, allspice, and sultanas. Remove from heat.

Fill a saucepan with water, add approx. 1 tablespoon salt and get it boiling. Cut the cauliflower into florets. Boil in the water for 5-8 minutes until soft. Strain and spread out on paper towel or a plate so they can cool and dry a little. Note: If you don't wish to deep fry your cauliflower you can skip this step and roast it heavily until golden and lightly burnt instead (although it will not be quite the same).

Add the flour to a large bowl. When ready to fry, heat your frying oil in a medium saucepan (to 180 degrees if you have a thermometer, otherwise add a small piece of bread and if it's golden brown in 15-20 seconds, the oil is ready). Toss the cauliflower through the flour, shake off any excess and then deep fry until dark brown.

Drain cauliflower on paper towel, season with salt and pepper then arrange on a plate and top with pine nuts, caramelised onion and sultanas.

**Madeleine Laing, Co-op Recipe Manager**