

# CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our February-March 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.

We have many co-op activities coming up including a summer volunteers morning tea! Our weekly coffee shop is back, now on Fridays, and we also continue our monthly live music and discussion forums.

Stay cool!  
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...

## FEATURED STOCK

- **NEW** \*organic\* raw cashews (have replaced conventional)
- **NEW** dehydrated red capsicum
- Tassie hemp seed oil
- K Bee W Honey
- Sue's Marmalade & other preserves!
- Yuwanna biscuits (locally made & delicious)
- Dinki Di Kombucha (many flavours!)
- Tassie made Worcestershire sauce
- **\*SPECIAL\*** Muscatel raisins @ cost price!



## PLAYABELS playing cards!

Parents obsessed with climbing Abels? Mine are! Now stocking the perfect gift for those seeking peaks.

Available in three different packs, each with different illustrated Abel mountains. Collectables for avid bush walkers \$20/pack. <https://playabels.com.au/>

**100% of makers profits go to protecting Tassie bush**



## PRODUCT REQUESTS

Do you have a product you would like to request to see in the Co-op? If so, please get in touch. We encourage requests for products you would regularly purchase.

Don't forget than bulk orders and purchases attract an 5% discount!

**\*Current full item and price list is posted on the website\***

### Interested in becoming a supplier?

Contact us if you're interested in selling your goods through the co-op! We love to support locally produced products.



## Summer Volunteer Morning Tea

Join us at 11am on Saturday 24th Feb at the Okines Community Garden Kitchen for music, morning tea and an opportunity to connect with other volunteers! RSVP by 16th Feb to Dawn via [okines.coop.volunteers@gmail.com](mailto:okines.coop.volunteers@gmail.com) Flyer on page 6.

## Interested in volunteering or taking on a new task?

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

Currently, we're looking to extend our opening hours and are most in need of **cashiers!**

Please contact our Volunteer Coordinator Dawn [okines.coop.volunteers@gmail.com](mailto:okines.coop.volunteers@gmail.com)

# WHAT'S HAPPENING THIS MONTH...

## CO-OP COFFEE SHOP

**Fridays 10am - 1pm**

The Tuesday Coffee Shop has been going for a little over a year offering free coffee, live music, discussion forums, and Tea Parties. This year we will consolidate our success and move the Coffee Shop to **Fridays 10am - 1pm**. We'll still be offering events and free coffee.

We'd like to welcome Bron as a new barista to our Coffee Shop. Bron will be helping out one Friday per month.



## MONTHLY FORUMS

Informal discussion group at the Okines Community Garden. Bring along a snack to share. All welcome.

**Friday, 23rd February, 10:30am - 1pm**

**Topic: Tell us about your favourite song(s).** Rosemary who has contributed to many of the forums suggested that people could play a song(s) on their phone and talk about why they like it, or its significance to their life.

**Friday 22nd March, 10:30am - 1pm**

**Topic: Were the Luddites right?**

In the early 1800's Luddites protested the implementation of cost saving machinery in textile manufacturing as it would replace skilled workers, and drive down wages by producing inferior goods. We are on the cusp of a massive implementation of Artificial Inelegance.

Will this cause a major shift in employment opportunities and what will it mean for daily life? There is a good summary of the Luddites on Wikipedia for those who would like to read a bit before the discussion.

## LIVE MUSIC: Festival Style Blackboard

### Calling out to local musicians!

Last year the Food Co-op Coffee Shop had a very successful series of Blackboard events on Tuesday afternoons. Many local musicians enjoyed the relaxed atmosphere of music, free coffee, and sometimes yummy snacks. All performers were welcomed and the audience was always appreciative. We had some great jams.

Next sessions:

Friday 9th February, 10:30am - 1pm

Friday 8th March, 10:30am - 1pm

Come along and put your name in a time slot on the board and entertain us, or join in with free jam. All welcome.

If you would like to participate or need more information contact Brendan on 0468 905 340.



## BOOK REVIEW

**The Eat Real Food Cookbook****By David Gillespie**

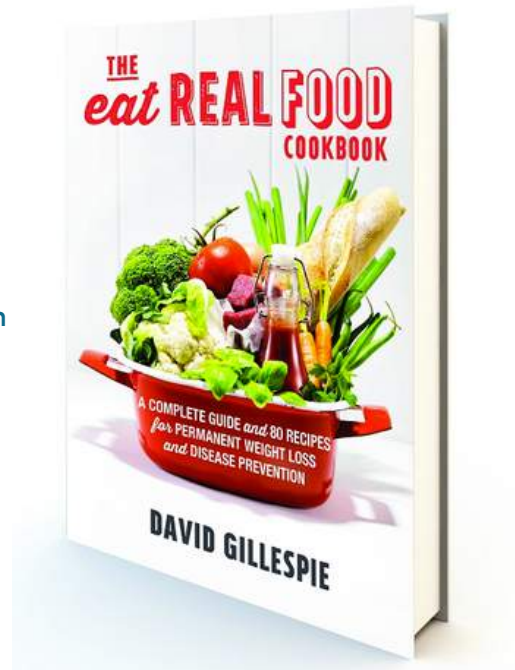
I found this book hard to digest :) Its evangelical tone and corroboratory style really got my goat. I felt that the book was well researched, but in a journalistic way - aiming for the punchline; one in two men and one in three women get "xxxx" due to consumption of ...

I know from my own scientific reading that the outcomes stated with such obvious aplomb in this book are actually not always as clear cut as David is impressing upon us in his book. I could not actually properly finish reading this book, it annoyed me so much. I scanned to the "practical" bits, but found that I was not the target audience. This book is for the people who are needing an impetus to change their food habits and hence the evangelical tone.

It is the book's contradictions that get me though - 'eat real food' is the key message, but by categorising and judging available foods through the myopic lens of sugar content and polyunsaturated oil - specifically omega 6, you end up with advice of buy Coles brand peanut butter over grinding it yourself because the processing of the Coles peanut butter (which is made from peanut powder) has the fat content - aka omega 6 - reduced

Also the proffered sweetener to replace sugar is "dextrose" - because the fructose (which he goes to great lengths of telling us the undoubted evils of this part of sugar (glucose + fructose molecules) has been removed, so dextrose or glucose, both processed items are the actual real food to be eating. This myopic view sees the advice regarding real food ignoring traditional food categories that have evolved over millennia.

So yeah, I found it annoying and could not stomach it! (NB all food puns intended, they just rolled off my tongue). However, my arrogance aside, the book has its merits in the detailed food categorisation and comparison tables which are sourced from government or nutritional bodies. If you need to be scared to work out what foods are good for you and wish to lose weight then this is probably the kicker you could use to get you foraging though our poisonous corporate food system with a true guide - one who got there own weight under control and kept it that way by eating real food.

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

## INGREDIENT SPOTLIGHT: CHICKPEAS

This month, we're highlighting one of the oldest cultivated legumes in the world - **chickpeas**! And specifically show you how making your own falafel - while taking a bit of extra work - can be a game changer. There's evidence that chickpeas were cultivated in the area of modern Syria as early as the Pre-Pottery Neolithic period around c.8400BCE. They have spread around the world to be used in Indian, Italian, Spanish, and, of course, Middle-Eastern cuisine. Falafels made with chickpeas originated in Palestine, where in Egypt, Syria and Lebanon more commonly use fava beans, or a combination of both.

Chickpeas are very protein and fibre rich, and are a good source of folic acid, calcium, iron, zinc and magnesium - the best friend of vegetarians everywhere. Chickpea plants can also be used as 'green manure', fixing nitrogen in the soil to improve soil health, and are regularly used as cover crops or as part of a rotation in farming. The chickpeas available at the co-op are Australian grown, and organic!

## Falafel with Sumac Onion

## INGREDIENT SPOTLIGHT RECIPE

This recipe is from the cookbook 'Falastin' from Palestinian chef Sami Tamimi. He also shares important cultural recipes and stories on his Instagram @sami\_tamimi. About this recipe he says, 'in Palestine, falafel are more often than not picked up on street corners, freshly fried and piled into pita bread or paper cones. These street vendors are rare outside the Middle East, so for anything resembling the real deal they need to be made freshly at home. The sumac onion is an untraditional addition; it adds a nice bite of surprise to the falafel but you can skip this and just make the falafel without the filling.'

*A note on deep-frying: while we often associate deep-fried food with 'junk' food, the higher temperature and quicker cooking can actually result in less oil being absorbed than slower shallow-frying. Leftover oil can be re-used 2-3 times.*

### Ingredients:

- 250g dried chickpeas
- 2 garlic cloves, crushed
- 25g parsley, chopped
- 25g coriander, chopped
- 15g mint leaves, chopped
- 2 medium onions
- ½ tsp chilli flakes
- ½ tsp chilli flakes
- 1 ¼ tsp ground cumin
- 1 ¼ tsp ground coriander
- ¾ tsp bicarb soda
- 1 tbsp sumac
- 1 tbsp sesame seeds
- 800ml sunflower oil, to fry



### Instructions:

1. Place the chickpeas in a large bowl and cover with twice their volume of cold water. Set aside to soak for at least 8 hours/overnight.
2. Drain the chickpeas, combine with garlic, parsley, coriander, mint and ¾ of the chopped onion. Put half the mix in a food processor and blitz for about 2 minutes, scraping down the sides a couple of times until the paste is damp and slightly mushy.
3. Transfer to a large bowl, then repeat with the remaining half of the mix. Add this to the bowl with the chilli flakes, cumin, coriander and 1 ½ teaspoons of salt. Mix to combine, then add the bicarb soda and mix again.
4. Place the remaining onion in a bowl with the sumac and ¼ teaspoon of salt and mix.
5. While shaping the falafel, have a small bowl of water nearby so you can keep your hands wet. Spoon roughly two tablespoons of mixture into your hand and shape into a ball.
6. Dip your finger into the water and make a hollow in the centre of the ball – spoon in some onion mixture, then shape it again so most of the filling is covered. Flatten into a patty, then make a small indentation into the middle (this will help the insides get evenly cooked).
7. Place on a tray lined with baking paper, and repeat for the rest of the mixture – you should have around 16 falafel. Sprinkle with sesame seeds, and press in lightly. At this point they can be refrigerated or frozen.
8. When ready to serve, fill a large (about 20cm) saucepan with enough oil that it reaches about 7cm up the side. Put on a medium heat until it reaches 180 degrees C (if you don't have a thermometer, test by adding a bit of mixture – if it sizzles immediately, it's ready).
9. Cook the falafel in batches – about 4 at a time – cooking for 5-6 minutes until well-browned and cooked through. Use a slotted spoon (they are delicate, tongs may break them apart) to transfer the falafel to a plate lined with paper towel. Eat as soon as possible, perhaps with a chopped salad, hummus, and flatbreads.

EVENTS AND ACTIVITIES

*You're Invited!*  
**Summer  
celebration  
volunteer  
morning tea**



The Okines Food Co-op team (Jill, Dawn, Danae and Carlos) would like to warmly invite you, our Co-op volunteers, to a morning tea of connection.

**When:** Saturday, 24 Feb 2024  
11am

Morning tea, music, tea and coffee  
and more!

**Where:** Okines Community Garden  
Kitchen

Please bring a plate to share!  
RSVP by emailing Dawn  
[okines.coop.volunteers@gmail.com](mailto:okines.coop.volunteers@gmail.com)  
by 16 Feb.

