

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our April - May 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.

This newsletter we extend a massive thank you to our vollies who helped at the Small Town Market! We share a book review on brain food, an easy recipe that celebrates sesame seeds, and we also introduce some exciting new products!

Happy autumn!
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 AT THE CO-OP

PRODUCT SPOTLIGHTS

NEW Tassie Olive Groves extra virgin olive oil
non-active \$22/kg, active \$20/kg

SPECIAL on Almond Meal
non-active \$25/kg, active \$22.50/kg

Gisele's Biscuits

A great gluten free almond meal recipe from Babette in Nicola's art class

- 2 cups almond meal
- Blanched almonds to decorate
- ¼ cup tahini
- ¼ cup maple syrup
- Pinch of salt
- Pinch of baking powder
- Endless optional variations according to taste: cacao nibs/choc drops, chopped nuts, dried fruit, 5 spice, mixed spice, cardamom, orange/lemon zest, vanilla, cocoa powder, sesame seeds to roll in.

Mix, adjusting tahini and syrup for your taste and a good consistency. Roll into small balls. Roll in seeds if desired. Press onto greased trays and top with a nut if desired. Bake 140°C for 10-15 minutes.



NEW Rocky Top Medicinal Teas

Grown by Naturopath Monica Francia, under 20 kms from the Co-op in Penna using organic and biodynamic practices, we are proud to now stock a few of her excellent range of medical teas.

The quality of her teas are unmatched in taste with some of our volunteers exporting to the mainland via request after guests drinking in their own homes!



Monica's products embody our Coop principals of being LOCAL and ORGANIC, check out the below teas that are in stock this month:

- **Peppermint:** good for digestion, tension, energy. You will taste the difference if you are a regular peppermint drinker!
- **Chamomile:** good for sleep, hay fever, inflammation, muscle spasms.
- **Tulsi (Holy Basil):** one of Ayurveda's most precious elixirs for promoting health and resilience. It is an adaptogen meaning it soothes stress and tension, uplifts mind and mood, supports immune system, promotes detoxification. It has antibacterial and anti-inflammatory properties, which can help prevent acne, blemishes, and other skin issues. Drinking Tulsi in the morning can promote clear, radiant skin. Blending Tulsi with green or black tea as part of your tea ritual, can be a great way to incorporate the health benefits to your morning routine.

Not only to we get the benefit from these beautiful teas but also support an independent local grower doing great things!

Follow Monica here:
https://www.instagram.com/monica_francia_naturopath/



WHAT'S HAPPENING AT THE COOP...

NEW Wildcraft Organic, 'Ceremonial Grade' Cacao Paste

Stoneground in Roaring Beach, Tasmania. Paula and Sepp import the organic, ethically grown cacao beans from Peru.



Sourced from a co-op of family run small scale organic and fair trade farms, where the beans are sustainably harvested, fermented and sun-dried. The result is the highest quality ceremonial cacao paste you can imagine. It tastes fresh!

Comes in two sizes 200g & 500g. Packaging is 100% plastic free.



It can be used to create a beautiful nourishing drink high in vitamins and minerals or used in cooking to create sweet (or not so sweet) treats.

To prepare to drink: chop desired amount and blend or whisk with milk or water and add desired sweetener.

For more inspiration on different ways to prepare, check out their instagram: https://www.instagram.com/wildcraft_cacao/



GARDEN TUCKER

There is no April Garden Tucker due to Easter. Join us next for Garden Tucker on **Monday 6th May**.

Come along to the community garden kitchen at 10am and help create a community meal, share the meal for a donation to the garden.

The Food Co-op will also be open from 11am-1pm on Monday 6th May.



PAINTS WANTED FOR SIGNS

We are making signs for the garden and co-op to be used for future events. If you have any **heavy sheets of ply** and **unused tins of paints**, preferably bright colours, but any will be accepted. Please leave them outside the garden shipping container or the food co-op door.



WHAT'S HAPPENING AT THE COOP...

Awesome times at the autumn Small Town Market

We had the best time at the Small Town Market!

A heartfelt thank you to everyone who stepped in to help on the day. Whether it was organising the musicians, dropping off delicious baked goods, having a go on the coffee machine or lending a hand to set up the stall or bunting, our volunteers helped in so many ways, and we are so grateful. It was definitely a team effort and together, we achieved so much.

The coffee shop was hopping, the co-op too, and we saw many people at the stall and pausing to take in the music. This is exactly the vibe we were hoping to create, so well done everyone.

Here's looking ahead to the winter Small Town Market!

Dawn Green, Food Co-op Volunteer Coordinator

CO-OP MEMBERSHIPS

Reminder that 2024 memberships are due

We will be updating our emailing list so all non-members will be removed. If you still want to be a member and shop at the co-op, you can bank transfer with your name and membership in the description.

Membership prices:

All members pay a \$20 / \$15 concession membership fee per year.
Life-time membership is \$100

Remember that **active members** contribute to the Food Co-op by volunteering 4-6 hours per month and receive a **10% discount** on most goods.

Regular volunteers in the Community House or Garden receive a 5% discount.

Contact us for more info on volunteering okinescoopvolunteers@gmail.com



WHAT'S HAPPENING AT THE COOP...

CO-OP COFFEE SHOP

Fridays 10am - 1pm

Moving the Coffee Shop to Friday mornings has worked out well and Bron has seamlessly settled into the role of barista. We still do the best free coffee in the world.

Friday program outline

- 1st Friday of the month: Brendan - coffees
- 2nd Friday of the month: Brendan - music & coffees
- 3rd Friday of the month Bron: - coffees
- 4th Friday of the month Brendan: - forum & coffees



MONTHLY FORUMS

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

Last year we held a forum entitled "The Healing Arts". It was very well attended and those who participated thoroughly enjoyed it. This year we will have two "The Healing Arts" Forums.

April Friday 26th, 10:30am - 1pm

Networking. People can discuss what services they offer and what they would like to see in the community. A chance to meet other like minded people and share your experience. BYO a healthy snack to share.

May Friday 24th, 10:30am - 1pm

Diet and Exercise. Is diet and exercise the cornerstones of good health? Can they help you beat the winter blues? BYO a very healthy snack to share.

LIVE MUSIC: Festival Style Blackboard

We now have two stages!

For acoustic acts we use the garden kitchen which has excellent acoustics. It helps project performer's vocals, acoustic guitars and ukeleles.

We have also started to use the stage in front of the garden container for electric performances and have incorporated bass, drums, keyboard and vocal mic. We now have a house band.

Next sessions:

- Friday 12th April 10:30am - 1pm
- Friday 10th May 10:30am - 1pm

Come along and join in or sit back and enjoy the music.

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



BOOK REVIEW

Feed Your Brain

By Delia McCabe

The first seven chapters (160 pages) of this book involve a very informative outline of brain body relationships and function followed by basic recipes for Brain Health (about 80 pages). All this info is great and informative, and the level of repetition of certain factoids makes them stick.

Some of it is a bit overwhelming in terms of over listing (e.g. hormones, neurotransmitters, vitamins etc) a thing and its functions in paragraph after paragraph.

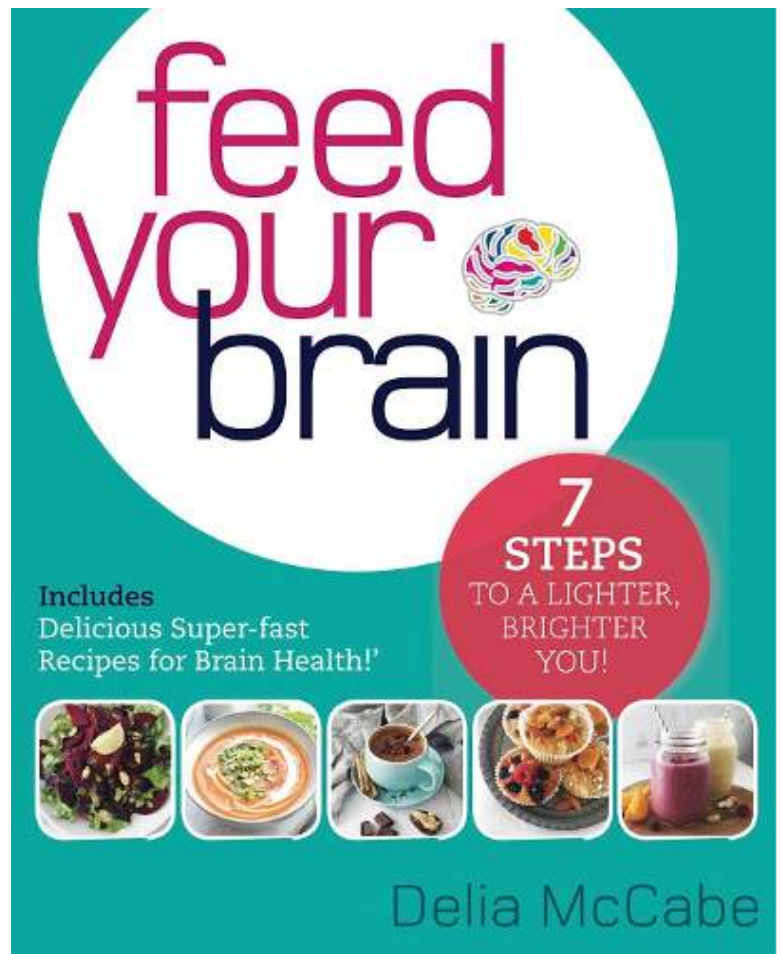
Sometimes it feels underwhelming when the explanation is simply normal dietary considerations with slight connection to the brain – mostly due to the bloodstream providing nutrients to the brain so the blood needs good stuff in it.

There are some gems in here however (e.g. hyperinsulinemia, coconuts, and ketones, fats and membranes) and it is an interesting read especially if you wish to find out how the brain is situated in the whole why you eat concept.

The recipes are built to be just about everything free – no gluten, refined sugars, animal products, dairy products. It is essentially a vegan, GF wonderland of suggestions. It has a basics section at the back for setting up a ‘base’ of ingredients that are used often in each recipe. The recipes also have notes and variation boxes that give you good tips on ingredient or method and the variations expand the vocabulary of the recipes (sometimes significantly). Should I have my black hat on it would be around overuse of coconut milk, oil, cream and expensive nuts (macadamia, pecan, almond, cashew)...my black hat fits a tight arse. However, the variations offer other things to use.

There is a comprehensive list of extra resources, and references at the back, good suggestions at the end of each chapter on actions to take, advice on how to avoid feeling overwhelmed by transition to new ways of eating and an online system you can engage with. It's a good book – check it out.

Tim Duffy, Co-op Library Manager



INGREDIENT SPOTLIGHT: SESAME SEEDS

Each newsletter we want to spotlight an ingredient from the co-op, and give you a recipe that will really make it sing. This time we're highlighting a tiny seed that's full of savoury flavour – **sesame seeds!** Sesame seeds have been grown for more than three thousand years, and were the first known oil seed crop. Wild variants originated in Africa, but the cultivated types we eat now were originally found in India. A resilient crop capable of growing in dry, hot conditions as well as torrentially wet conditions, traditionally sesame seeds could be grown by subsistence farmers at the edge of deserts.

The co-op sells organic hulled and roasted unhulled white sesame seeds, and black sesame seeds. Black sesame has been used for centuries in traditional Chinese medicine, for promoting liver and kidney health and strong bones, while white sesame been used in Ayurvedic medicine for fertility and to increase energy. While these benefits are not scientifically proven, consistent consumption has been shown to slightly reduce blood pressure, and the seeds contain high amounts of healthy fats, calcium and magnesium. But for our purposes, their main benefit is a big umami hit that livens up any recipe.

Recipe(ish): Potato chip furikake

While we're all looking to stretch the budget a bit further, having something that can be added to a lot of simple meals to make them more interesting and tastier is especially valuable. Enter: **potato chip furikake**. Furikake is a savoury Japanese sprinkle, usually served over rice. Made with pantry staples you may already have left over from other recipes (plus potato chips), the only specialised ingredient in this furikake is the gochugaru (Korean chilli flakes) but I have often subbed this for a mild chilli powder, and you can also just leave it out if you don't like too much spice.

This will make about 250g, or a medium jar full, lasting many meals.

Ingredients:

- 25g white sesame seeds
- 25g black sesame seeds
- 1-2 sheets of nori
- 75-100g potato chips (plain or salt and vinegar are my favourite, but feel free to experiment)
- ½ tbs sea salt flakes
- 1 tbs gochugaru (korean chilli flakes), or chilli flake/powder of your choice.
- 2 tbs store-bought fried shallots
- 1 tbs garlic powder



Instructions:

Combine all ingredients except the chilli flakes in a blender or food processor, and blitz to combine. Stir through the chilli flakes at the end – this keeps the mixture from turning a less appealing red/orange colour. That's it, that's the whole recipe!

You can add this topping to plain rice with a fried egg for a quick delicious meal, or fried rice (like I have pictured), roast or mashed potatoes, buttered noodles, cheesy pasta, a plain omelette, or basically any other slightly boring plain meal for an immediate flavour hit.

Madeleine Laing, Co-op Recipe Manager

SATURDAY 13 APRIL 2PM-4PM

FREE
EVENT



OKINES
REPAIR
CAFE

MARCH REPAIRS



& SKILL SHARES



PC assistance - Bicycle repairs - Small motor repairs - Tool sharpening - General repairs including jewellery - Machine sewing repairs (rips, holes) curtains - Machine instruction - Visible mending - Hand sewing - Darning/mending

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