

JUNE - JULY 24

# CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our June-July news!

This newsletter Tim reviews a book on gut health and Maddy spotlights a new co-op product, amaranth grain!

As usual, we have a great coffee shop program coming up, including live music and discussion forums. We're also on the hunt for volunteers to help out at the upcoming lantern parade and Small Town Market.

Keep warm and enjoy the winter solstice!  
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)

## Co-op Flashbacks!



**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 green split peas** - Australian - for all your winter soups

**NEW Tassie Olive Groves Extra Virgin Olive Oil**

**NEW Immune & Lung Tonic Tea** - Rocky Top Herbal Teas, in addition to our stocked Tulsi, Camomile, Peppermint

**NEW White masa flour**

**NEW amaranth grain, organic**

This newsletter we're highlighting a versatile grain that's not a grain at all, but a seed: **amaranth!** You might be familiar with amaranth as a cover crop, leafy vegetable or ornamental plant (known sometimes as "prostrate pigweed" or "love lies bleeding") but their seeds have been used as a grain, similar to quinoa, for thousands of years.

There are over 50 types of amaranths, native to the Americas (the Aztecs used amaranth in similar quantities to maize) but now found on all continents other than Antarctica. The one available from the co-op is organically grown in India. **See page 6 for a simple winter warming amaranth porridge recipe.**



**Golden Mylk Turmeric Spice, organic**

House-made by the co-op, enjoy a healing, anti-inflammatory drink that only requires simmering on the stove with your choice of milk! You can also add to your usual porridge oats to create a beautiful and delicious **winter warmer porridge.**



*Cook as normal, adding any seeds or dried fruit. Top with maple syrup or rapadura sugar to taste and serve with fresh fruit, milk or cream or yogurt of choice.*

## Volunteer thank you dinner a resounding success

The atmosphere was one of celebration and connection at Okines House on Friday, 24th of May. More than 70 volunteers who lend a hand at Okines Community House came together to socialise and listen to soulful tunes performed by M.T. Blues Music band.

After a taste of a variety of handmade soups in the Okines Garden, everyone was ushered inside to enjoy the huge spread of salads, mains and desserts which made up the incredible dinner.

The wonderful food was made by Cucina Zingari, our very own Assistant Manager, Nelle.

During the feast, Nelle spoke passionately about the critical role that volunteers play to help keep Okines running and thanked everyone for their contribution.

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



## WHAT'S HAPPENING AT THE COOP...

### Helpers needed for the Small Town Market + Lantern Festival

The month of June is shaping up to be a busy one and we're calling out for helping hands for two upcoming events.

The winter edition of the **Small Town Market** is taking place on **Sunday, 16 June from 10am - 3pm.**

#### What's happening at the Food Co-op on that day?

We will be extending our co-op hours to let market-goers do some shopping, we'll have a stall with our wares for sale, and we're opening up the Okines Garden Kitchen as a coffee shop - where people can buy a tea/coffee and a scone or slice, and listen to music.

#### We're looking for volunteers to:

- bake for our stall + the coffee shop (scones, savoury and sweet slices, biscuits, veggie muffins, etc.)
- provide jams/chutneys to sell at our stall
- be a barista at the coffee shop (training provided!)
- help at the coffee shop (serving tea and coffee, cleaning up, chatting with people)
- help at the Food Co-op stall (setting up + attending the stall)
- put out signage to help direct people to the Food Co-op
- cashier in the Food Co-op

#### Lantern Festival at Okines

When: **Friday, 21 June**, starting at 4pm

What: Helpers needed to serve hot drinks + bake child-friendly treats (brownies, muffins, slices, etc.)

Contact Dawn if you're interested in lending a hand [okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)



### PAINTS WANTED FOR SIGNS

We are making signs for the **Small Town Market and Lantern Festival** and need donations of paints, preferably bright colours, for making signs **prior to the 10th June**. Please leave them outside the garden shipping container or the food co-op door.



#### COOP MEMBERSHIPS

Members pay a \$20 / \$15 concession per year  
Life-time membership is \$100

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

Contact us for more info on volunteering  
[okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)



# WHAT'S HAPPENING AT THE COOP...

## CO-OP COFFEE SHOP

Fridays 10am - 1pm

The sun is lower in the sky and the air temperature has dropped. But the coffee is hot, the music is great, and the chat around the table is both reverent and informative.

### Schedule:

- 1st Friday in June & July: Brendan - coffees
- **2nd Sunday in June @ Small Town Market: Brendan - music & coffees**
- 2nd Friday in July: Brendan - music & coffees
- 3rd Friday in June & July: Bron - coffees
- 4th Friday in June & July: Brendan - forums & coffees



## MONTHLY FORUMS

Informal discussion group at the Okines Community Garden. BYO a healthy snack to share. All welcome.

We had a good couple of forums on health over the last couple of months.

### June Friday 28th, 11am - 1pm

In June, we will continue in the health vein and discuss the importance of maintaining your Mental Health.

### July Friday 27th, 11am - 1pm

In July, we will take a different tack and discuss the quote. "Great minds discuss ideas; average minds discuss events; small minds discuss people" attributed to Eleanor Roosevelt, an American activist. What does it mean?



## LIVE MUSIC: Festival Style Blackboard

Nothing warms the soul like live music. Come along and play a few songs, or sit back and be entertained. Music days are swinging with great vibes from Brendan, Chris and Mick.

### Next sessions:

- Sunday 16th June at the Small Town Market, 10am - 1pm
- Friday 12th July, 11am - 1pm (we'll have a later start for winter)

Thanks to all those who keeps us entertained.

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



### Lets Spread the Word...

Dear food-coop members, readers and supporters,

We would love you to support our socials to spread the word about our wonderful social enterprise. We have been testing and trying a more activated Facebook page and we invite you to like it and follow us at

<https://www.facebook.com/okinesfoodcoop>

We love shares and comments and we try our best to respond where we can. We love your photos too if you would like to share any. As always suggestions and shared social media whizzbang expertise is also welcomed. With love the L-plated social media crew

## BOOK REVIEW

**Go With Your Gut**

By Robyn Youkilis

This is a regularly borrowed book from the Coop Library and I can see why. It has the most basic and powerful dietary advice – breathe, listen, chew, upgrade your food choices. It has reminded me of the chew factor that I do follow most meals: chew your liquids and drink your solids. No guilt (although there is what too much sugar does to your microbes, which can be slightly guilt inducing when reflecting on your last sugar binge!), and no difficult ingredient lists.

The main advice is to reduce the harmful attitude we take to ourselves with our food choices, such as zero-tolerance around harmful and mean thoughts about our bodies.

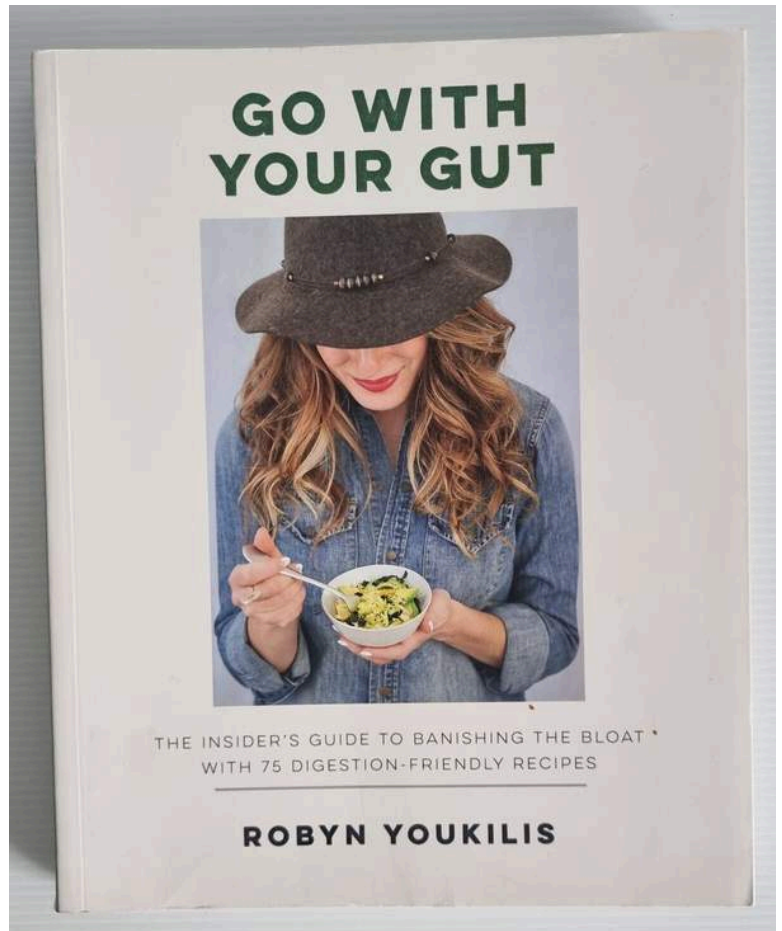
The recipes have great little introductions as to the basis for their existence. Are simple to make – they follow my cooking style of heat oil and bits then add the rest or some such version. Often, they are three step processes which are too simple to overlook trying out just to see what they are like. To reduce bloat the rule of 5 is about no more than 5 different foods in a meal – simplify and upgrade. There is appealing photography and short simple “NOTE”s that add variety or substitutions. Many of the recipes are dairy and gluten free and they are tasty too!



Go with Your Gut has sage advice and a simple approach that aims to help you develop a meaningful relationship with your food and your gut health. It is a message that is delivered extremely well.

Check it out!

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



## INGREDIENT SPOTLIGHT: AMARANTH GRAIN

One cup of cooked amaranth contains 5g of fibre, 9g of protein, 30% of our average recommended daily iron and 40% of our recommended daily magnesium. While the recipe below is for boiled amaranth porridge, the seeds are also great toasted as an addition to granola, or anywhere you'd use a nut or seed. In Mexico, toasted amaranth mixed through chocolate is a popular snack.

### Recipe: Amaranth Porridge

Note: some commercial varieties of amaranth can have a coating of saponin, that gives unwashed grain a bitter taste. Our co-op grain should be free of this coating, but if you've found amaranth unpalatable before it might be a good idea to rinse your grains before cooking.

This recipe is for a sweet porridge but, like oats, amaranth can also be used as a savoury porridge, by cooking in salted water or stock and adding savoury toppings like eggs, sautéed mushrooms or avocado.

This recipe is from NYT cooking

#### Ingredients:

- 1 cup amaranth
- 3 cups water
- ½ cup milk (cow, soy, almond, rice etc.)
- 2 tbsp maple syrup, honey or brown sugar
- Pinch of salt
- Toppings: seeds, nuts or poached, dried or fresh fruit of your choice.



#### Instructions:

1. Combine the amaranth and water in a small saucepan, and bring to a boil. Reduce the heat to low, cover and simmer 30 minutes. Stir every once in a while, as the amaranth may stick to the bottom of the pan.
2. Meanwhile, prepare your toppings; dried fruit, berries, banana, toasted nuts/nut butter, etc. In winter, warm poached pears or apple, or other fruit compote make a delicious seasonal start to the day.
3. Stir in the milk, syrup or brown sugar, and a pinch of salt. Stir vigorously until the porridge is creamy. Remove from the heat and serve.

Advance preparation: You can make more than you need and keep the remainder in the refrigerator for a couple of days. Amaranth reheats well. Add little more milk to loosen it up.

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





**OKINES COMMUNITY HOUSE INC.**

# WINTER SOLSTICE LANTERN PARADE



Join Okines Community House and Dodges Ferry Primary School  
for our annual community celebration.  
2024 theme is the Red Hand Fish, T.Politus.

**Friday 21 June**

**Okines Community House 5pm**

Welcome to Country    Bonfire    School Choir  
Storytelling by Tamas Roamingtree    Warren Masson  
Art instillations.

**D.F.S.A Sausage Sizzle, Food Vans, Hot Soup,  
Chai and Sweet Treats. Bring your own lantern and  
torch and wear warm wintery clothes.**



Located 540 Old Forcett Road, Dodges Ferry (next to the Dodges Ferry Primary School). For more info, or interest in volunteering on the night ph. (03) 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)