

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our August - September news!

A huge thank you to the volunteers who helped at the last Small Town Market. Our wonderful volunteers allow the co-op to be a fundamental part of our community!

In this newsletter Tim reviews a book on “naked chocolate” and Maddy spotlights a nourishing winter warmer, mung beans! Brendan also has an exciting coffee shop program coming up.

As the days get longer,
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

NEW PRODUCTS

- **House made ground spice mix for drinks** - new recipe: make your own dirty chai
- **Massel chicken flavoured stock powder** - low salt
- **Celtic sea salt**
- **Oat bran**
- **Puffed multi grains** (sorghum, brown rice and buckwheat mix) - GF
- **Rice bran straws** - GF, Australia



- **Textured Vegetable Protein (TVP)** - vegan mince substitute
- **Adzuki beans**



- **Fruit/nut/coconut free muesli** - house made mix



VOLUNTEER UPDATES!

We welcome Carlos as an **employed Volunteer Manager!** Thanks to the support of the House and board for making this happen.



We also welcome Gaylene who will be a regular **Co-op Assistant** on Tuesdays!

Big thanks to Maddy for her newsletter **recipe column!** Maddy is moving to the city and we will miss both her and her recipes!



CALL OUT FOR VOLUNTEERS!

Want to be a part of our active co-op community? Active members contribute to the Food Co-op by volunteering 4-6 hours per month and receive **10% discount** on most goods.

We currently need more vollies for the following tasks:

- **Co-op cashier and assistants during opening hours**
- **Bottle sterilising**
- **Honey bottling**

Contact us for more info on volunteering okines.food.coop@gmail.com

WHAT'S HAPPENING AT THE COOP...

WINTER SMALL TOWN MARKET

A huge thank you to all of the dedicated volunteers who helped at the small town market in July. A wonderful mid winter event that wouldn't be possible without the support of our community.

Thank you to all the bakers who made such a wide array of delicious sweet and savoury items. We heard so many positive comments about the selection and how yummy they were!

Thank you to all our helpers on the day, Jarrah, Mez, Deb and Sufiyo. And to the cashiers Yasmin and Roz for going above and beyond to help with the influx of visitors and helping to pack up too.

Thank you to Brendan, for organising the musicians, which are such a special, unique part of the Food Co-op offerings, and musicians Steve, Alex and Graham who played rain or shine throughout the day.



Thank you to Diana for helping with the Food Co-op coffee shop while setting up her kombucha wares too, which were very popular!



WHAT'S HAPPENING AT THE COOP...

CO-OP COFFEE SHOP

Fridays 10am - 1pm

The Friday Coffee Shop has been well attended over the colder months. Our last open mic had a special vibe to it with people enjoying the space whilst listening to music and chatting. Thanks to all the musicians who played. Especially "Mr Oregano and the Potato Heads". Also thanks to those who bought some food to share and to Bron and Brendan for making coffees.

Schedule:

- 1st Friday: Brendan - coffees
- 2nd Friday: Brendan - music & coffees
- 3rd Friday: Bron - coffees
- 4th Friday: Brendan - forums & coffees

LIVE MUSIC: Festival Style Blackboard

If you would like to play, or be entertained, just turn up and we will fit you in.

Next sessions:

- Friday 9th August, 10.30 - 1pm
- Friday 13th September, 10.30 - 1pm

If you would like more information on the monthly forums or live music, feel free to contact Brendan on 0468 905 340.



MONTHLY FORUMS

Our Discussion Forums have also been ticking away. They are informal, and generally do not come to a conclusion. We listen and give people a chance to be heard.

The topic acts as a starting point from where we meander and drift till finally coming back to where we started. It's the journey, not the destination. Special thanks to those who bought some food to share.



Upcoming Friday Forums:

Friday August 23rd, 11am - 1pm

Manifestation, mind over matter, ESP, astral travel. What are your experiences with these phenomena? Is there more to life than the day to day world or is there something else we can tap into?

Friday September 27th, 11am - 1pm

Organic Farming vs Modern Farming. Mono crops, pesticides, weed killers, fertilisers. Do we get better results with modern farming techniques or would we be better off with companion planting, composting, and manual weeding?



BOOK REVIEW

Naked Chocolate**By David Wolfe and Shazzie**

Naked Chocolate is a book new to the library, only just being processed for the shelf. This is a book that comes from the “Naked Food” movement.

“Naked Food is the whole food, plant-based nutrition approach to preventing and reversing disease. It proposes the switch from the Standard American Diet (S.A.D.) to the New Authentic Kind and Enlightened Diet (N.A.K.E.D.) - [[Philosophy - Naked Food Magazine](#)].

Most of the recipes in this book use nuts and seeds as the core filler of the food. These ingredient cores are the substitutes for flours, which would need cooking.

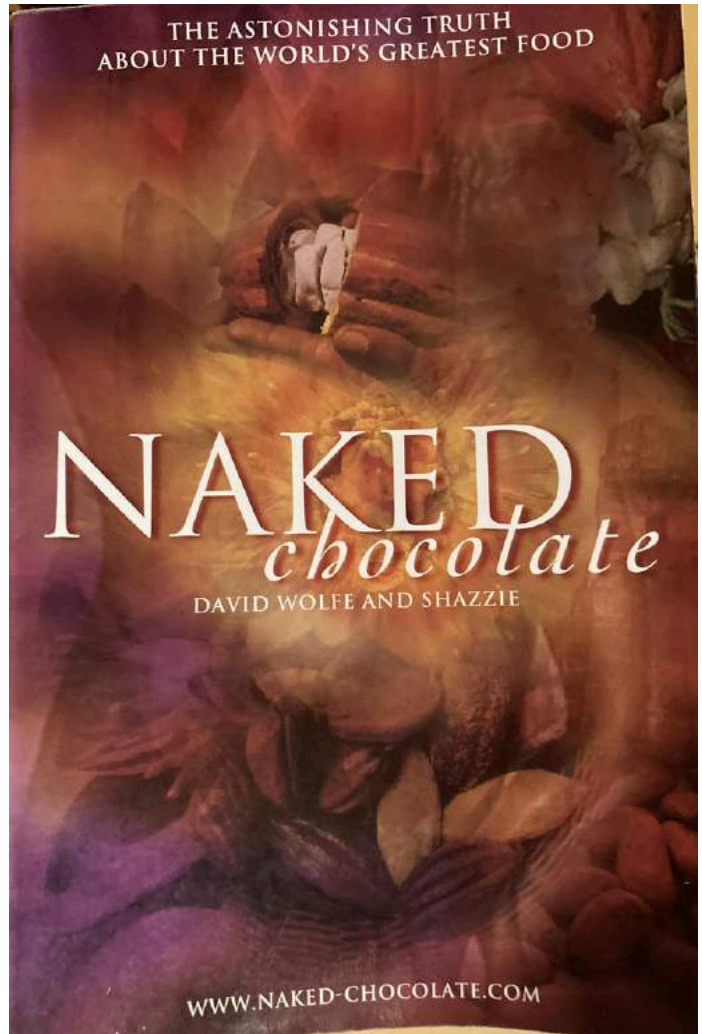
As such, I found many of the recipes not really to my liking except as rare treats. Think of those “bliss balls” made of dates and cashews.

Many of the recipes also include the superfood groups e.g. agave nectar, spirulina, goji berries etc. Hence, the recipes produce extremely nutrient dense foods of which the body (in my opinion) will need to work hard to digest – however, these foods are without any refined foods and so you avoid the proven detrimental effects of standard sweets. From that perspective, the foods are a big tick. Although, you need to enjoy the taste of seeds and nuts, dates and agave syrup for sweetening.

One annoying feature of the book is the formatting and presentation of the scientific information that uses abstracts from papers to support the health benefits of chocolate. The authors go to great lengths to assert the importance of having raw organic chocolate, but there is not much of that used in the science papers provided. However, the history of the plant is pretty good and is a reasonable attempt at covering a lot of ground (classification, culture, history).

I felt the information was a bit juxtaposed with intent rather than a coherent composition telling an interesting story. That aside, it is a book that states its intention from the outset “Naked Chocolate”. The audience is those wishing to avoid the foods that the philosophy of NAKED define. You can use it to create chocolate desserts by buying some of the raw cacao powder the Food Co-op supplies. If that is you, check out the book.

Tim Duffy, Co-op Librarian



INGREDIENT SPOTLIGHT: MUNG BEANS

This newsletter we're highlighting a hero of the vegan diet that deserves a place in any omnivore's repertoire - **mung beans**! Originating in India, mung beans are used primarily in East, Southeast and South Asian cuisine, but have spread all over the world thanks to their high nutrient content and versatility. Mung beans provide all nine essential amino acids, making them a complete protein source, as well as an excellent source of fibre, B vitamins, magnesium, potassium, and iron. The mung beans available at the co-op are Australian grown.

Ndengu (Kenyan Mung Bean Curry)

In the 19th century, tens of thousands of Indian workers were employed building a local railway in Kenya, opening the interior of the country for the British who were effectively in control at the time. Many Kenyan recipes today have an Indian influence. One of them is 'Ndengu', which simply translates to 'Mung Bean', a useful recipe for winter that is filling and warm. I have served my curry with some basic flatbreads, but it's often served with rice. This recipe is from bakinghermann.com, creator Julius Fiedler showcases worldwide naturally vegan cultural recipes. **Serves 4**

Ingredients:

- 320g mung beans
- 1 can diced tomatoes
- 30g fresh coriander
- 3 tbsp vegetable oil
- 1 large red onion, diced
- 4 large garlic cloves, grated
- 25g ginger, grated
- 2 tbsp of tomato paste
- 1 small green capsicum, diced
- 1 large carrot, diced
- 1 tsp curry powder
- 1 tsp ground cumin
- 1/2 tsp black pepper
- 1/4 tsp of turmeric
- 1x 400ml can of coconut milk
- 1 tbsp salt



Instructions:

1. Rinse the mung beans, then add them to a large saucepan with 1.25l water. Bring to a boil, reduce heat and simmer covered for 20-25 mins or until the beans are just tender and have split slightly. Drain but keep the cooking liquid.
2. Meanwhile; finely chop the coriander stems and leaves, but keep them separate. Heat the oil over medium-low heat in a large pot.
3. Add the garlic, ginger and coriander stems to the pot and continue cooking for a few minutes. Tip in the tomatoes, capsicum, and tomato paste, reduce heat to low and cook covered until the tomatoes and capsicum have softened, 8-10 minutes.
4. Stir in the curry powder, cumin, black pepper and turmeric and let them heat through, then stir in the carrot. Add the mung beans, coconut milk, salt and 200ml of the bean cooking liquid. Bring to a boil, then reduce heat and simmer covered for 15 minutes. Stir in the chopped coriander leaves, and divide the curry between bowls and serve with flatbread or rice.

Madeleine Laing, Co-op Recipe Manager