

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our October - November news!

A huge thank you to the volunteers who helped again at the Spring Small Town Market. Our wonderful volunteers allow the co-op to be a fundamental part of our community! This newsletter we have two new ingredients now in stock to share with you. Some Coffee shop & open mic updates and dates along with a new delicious recipe!

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

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03 6265 7016

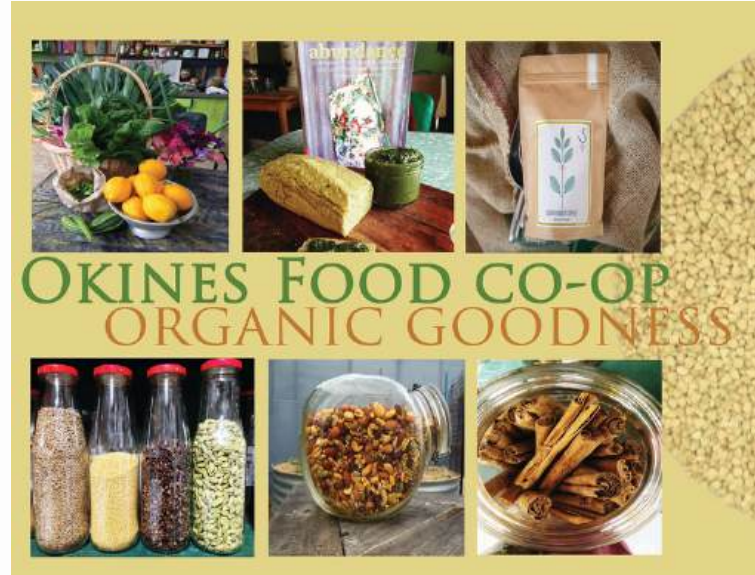
Full stock list and prices
available on our website:



**[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

NEW PRODUCTS

- **SPICE IT UP** coarse house -made mix of herbs and whole spices - for trialing - let us know what you think?



- **FREEZE** dried sweetcorn. Great for bushwalking mixes.



DID YOU KNOW?

Did you know?

At our local Food Co-op, we source most of our bulk goods from Eumarrab, ensuring you have access to top quality, mostly certified organic products. What a great way to save driving all the way into town, and find parking, when you can come down and support your local co-op instead? Remember, if there's anything you'd like to see on our shelves, please let us know!



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 CO-OP

SPRING SMALL TOWN MARKET

A huge thank you to all of the dedicated volunteers who helped at the small town market on the weekend.

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, it couldn't happen without you!



WHAT'S HAPPENING AT THE COOP...

CO-OP COFFEE SHOP

Fridays 10am - 1pm

We had a good couple of months with some music and Discussion Forums. Thanks to all those who participated, especially, musicians, and people who bought some food to share. Also please welcome Kathryn who is our new Baker and will be baking for us on the 1st and 2nd Fridays of the month.

We also have a new Host starting in November. Kurt will be making espresso on the First Friday of each month. An experienced barista so your free espresso will taste better than ever.

Schedule:

- 1st Friday: Brendan/Kurt (Baker Kathryn)
- 2nd Friday: Open Mic (Baker Kathryn)
- 3rd Friday: Bron (Baker Bron)
- 4th Friday: Discussion Forum

Keeps getting better every month.
Book a time or just turn up. We will fit you in.
Text Brendan 0468905340

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 October 25th, 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 November 8th, 11am - 1pm

To be announced.

All welcome. Bring some food to share.
Free espresso.



INGREDIENT SPOTLIGHT: GREEN SPLIT PEAS

Split peas are a member of the legume family, as are lentils. However, split peas are an actual field pea that is dried. Lentils, on the other hand, are the seeds found in the pods of a small annual plant. Thought to have originated across Europe and the middle east, field peas also known as dun (grey-brown) pea, Kapucijner pea, or Austrian winter pea, is one of the oldest domesticated crops, cultivated for at least 7,000 years.

For split peas, once dried, the outer skin of the pea is removed and the pea is split in half. The splitting encourages faster cooking and eliminates the need to pre-soak. Split peas come in green and yellow varieties. Green split peas are sweeter than the yellow variety. They are high in protein and fibre, and low in fat and are now a staple worldwide. They are probably most famously used in split pea soup, but can be super versatile as a base for all kinds of cooking. They are readily available in the big tubs at the co-op and an essential pantry ingredient.



It would have been easy to put forward a soup or curry for this recipe suggestion. however I wanted to highlight the split peas in another way. The idea to use them as a base for falafel peaked my interest immediately. I have found Falafel is most commonly made using broad or fava beans or chickpeas, but I think the green split peas make a great alternative (I might even prefer it). So often green peas in recipes can present as a rather uninspiring brown colour, so I especially like how the vibrant green colour is retained with this method! If you haven't tried before this is such an easy dish and is a great base for tweaking and experimenting with flavours.

Recipe is overleaf, Enjoy!

INGREDIENT SPOTLIGHT: GREEN SPLIT PEAS

Ingredients:

- 2 cups dried green split peas
- 1 medium red onion, peeled and quartered
- 2 garlic cloves, peeled
- 1 handful of fresh parsley (other herbs also optional)
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon sumac (optional)
- 1/2 teaspoon chilli fresh or ground (optional)
- Sea salt or pink salt
- 2/3 tablespoon baking powder
- 1 handful black or white sesame seeds
- Sunflower or another neutral oil, for frying



Instructions:

1. The day before place the peas in a bowl and cover with about 2 inches of water. Soak the peas, covered with a towel, unrefrigerated overnight.
2. When ready drain the peas well and add to the food processor with the onion and garlic. Blend until the mixture is a coarse paste. It should look like fine granules, but still firm enough to hold a shape with your hands.
3. Transfer the mixture into a large bowl. This is when I like to add the herbs as opposed to in the processor. Finley chop and add in Parsley (essential) and other herbs you would like (coriander and dill recommended).
4. Next add the spices. Cumin and ground coriander are the heroes here but get creative. I like sumac and cayenne also.
5. Add the baking powder and sesame seeds and season well with salt. Mix well until combined. It is good here to set it aside at room temperature for 30 minutes or so for the spices to develop into the mix.
6. Grab a high side frying pan and heat a generous amount of the oil to a medium/ hot temperature.
7. With your hands roll the mixture into balls and add to the pan in batches. Press them into the pan to a thickness you like and will allow them to cook through.
8. Fry to golden brown on each side then spoon them onto kitchen towel.
9. Serve in a good pita or wrap with your choice of fillings, or in a salad. Make sure there's a good dollop of hummus involved and some lemony Tzatziki goes great too!

Tom Waller, Co-op Recipe Manager