

APR - MAY 25

# CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

**Dear members,**

Welcome to our June - July newsletter!

Another big edition, we have lots of new products to share with you in preparation for a winter filled with nutritious cooking!

Dried beans are in the spotlight for Tom's recipe, and Tim reviews a cookbook on cooking with the GAPS diet.

Don't forget to drop into our Friday Coffee Shop for a cuppa, cake and conversation!

Keeping warm,  
Your co-op team



OKINES FOOD CO-OP  
ORGANIC GOODNESS



## OPENING TIMES

**SUNDAY 9.30AM-1.30PM**

**FRIDAY 9:30AM-1:30PM**

**TUESDAY 10AM-5PM** \*NEW HOURS!

## 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 COOP...

## NEW PRODUCTS

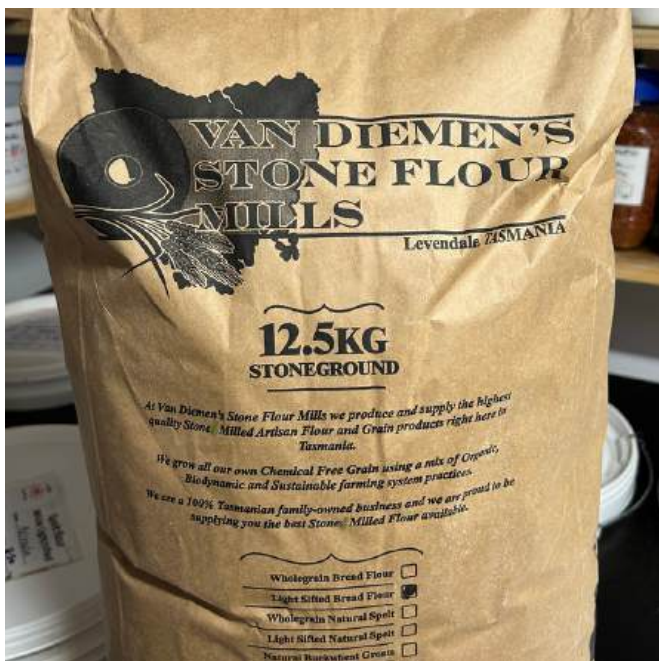
### Van Diemen's Stone Flour Mills

Peter, the head miller from the original Callington Flour mill in Oatlands is now milling **Tassie artisan, chemical free 'Ellesmere Ruby' wheats and buckwheat** to make a high protein (14.5%) bread flours, spelt flours and a very high grade buckwheat flour (approved by top Japanese soba noodle makers).

He is also producing buckwheat groats, cold rolled oats, semolina and natural bran.

- **Ruby and spelt flours in stock now**
- **Buckwheat flour will hit shelves when current stock clears.**

**Let us know if you are interested in the cold rolled oats!**



## NEW FOOD CO-OP PHONE

The co-op is getting a phone for receiving messages and calls. Keep your eyes peeled for details in our future updated email signature.

## OTHER NEW PRODUCTS & STOCK UPDATES

- Xanthan gum (use in GF baking)
- Teff Flour, ivory (highly nutritious, GF)
- Red sorghum flour (high protein, GF)
- Red quinoa seed, organic



- Demeter white medium grain rice, Australian bio-dynamic (great in risotto)
- Cajun spice mix, house made
- Onion powder
- Garlic powder
- Tasman Sea Salt flakes, including pepperberry and smoked varieties
- Australian Pepo Farms pumpkin seed products and oils - awaiting delivery. Watch out for them on the shelves soon.
- WGAC Dream Cloths (long lasting, machine washable, compostable, kitchen wipes)



- Medjool Dates NOW FROM MEXICO not Israel
- Cacao butter back in stock after a long wait



## WHAT'S HAPPENING AT THE CO-OP...

### CO-OP COFFEE SHOP

When: every Friday 10am - 1pm

Where: Okines Garden outdoor kitchen

Pull up a stool at the big table for a classic espresso-based coffee or speciality tea made by one of our hosts and a slice of cake by one of our fabulous bakers. A perfect opportunity to catch up with friends or get to know your community better.

After some very enjoyable autumn days at the coffee shop, where Chris' apples from his orchard in Richmond were a hit and the discussion forums well attended, the coolth of winter is fast emerging. Join us for a warming cup of one of our popular teas or perhaps a long espresso topped with a layer of velvety steamed milk, and the cake!

Bring some coins for a donation to cover the cost of ingredients if you can.



### DISCUSSION FORUMS

When: fourth Friday of the month 11am-1pm

Dates: 27<sup>th</sup> June and 25<sup>th</sup> July

Where: Okines Garden outdoor kitchen

Join a relaxed informal discussion around a nominated topic. Check out our Facebook page for what's coming up.



### BOTANICAL GARDENS DISCUSSION FORUM

Last month local Building Designer Marisol Miro Quesada hosted a discussion forum at the Co-op Coffee Shop to talk about the possibilities of a local botanical garden!

Marisol collected lots of diverse ideas and wishes from an enthusiastic group of a dozen locals. The coffee shop will host another meeting to explore the desire/need for a local botanical gardens. Watch out for follow up forums.

Can't make the botanical gardens discussions but have input to share? You can contact Marisol at [hello@marisol.com.au](mailto:hello@marisol.com.au)



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

### OPEN MIC SESSIONS

When: second Friday of the month 10am – 1pm

Dates: 13<sup>th</sup> June and 11<sup>th</sup> July

Where: on the stage adjacent Okines Garden outdoor kitchen

Gather around and enjoy the sweet tunes by our very talented local musicians. You will leave with a spring in your step.



### COFFEE SHOP VOLUNTEER CALL OUT

**New members of the coffee shop crew to host one Friday session a month.**

Would you like it to be an informal chat about food and recipe ideas?

Perhaps with a monthly theme topic based on a less common ingredient in the co-op or a new one to suggest and try.

Do you know anyone who would like to do a guest talk about their special interest - such as food, nutrition or of community interest?

We are always on the lookout for new people to **join the Co-op Coffee Shop team** – whether to showcase your barista or baking skills or to meet new people from our community – it's always a fun gig. If you are interested, contact Brendan on 0468 905 340.

### COFFE CHRONICLE

#### Dialing In - What Makes Great Espresso?

Ever wondered why some shots taste smooth and sweet, while others are just bitter or sour? "Dialing in" refers to adjusting the "recipe" (grind level, dose, yield and extraction time) to get the best balance of flavour from your beans.

As a general rule of thumb, you should aim for a 1:2 ratio of dose to yield eg, 18g of ground coffee to 36g of liquid espresso. The extraction should take roughly 30 seconds.

If the shot runs too fast, it's likely to be on the sour side, if it takes too long, that's when bitterness will overwhelm the flavour. To control the speed of the shot, adjust the grind setting. Too fast/sour? Grind finer. Too long/bitter? Grind coarser.

Each bean/blend will be different and it all comes down to personal preference. So experiment, changing one variable at a time, to dial in the recipe to your own liking!

Happy pouring,  
Kurt



### CO-OP MEMBERSHIP

#### Membership Fees:

\$20 per year / \$15 concession

\$100 Life-time membership

Become either a **non-active member** or an **active member!** Active members volunteer 4-6 hours / month and receive a 10% discount on most goods. Regular volunteers in the Community House or Garden receive a 5% discount.



# WHAT'S HAPPENING AT THE COOP...

## FOOD CO-OP VOLUNTEER STORIES

### A conversation with Gwen Egg

By Dawn Green

#### When did you start volunteering with the Food Co-op?

I started washing bottles for the Food Co-op around 2019 in response to a call-out from Jill. Early on, we had a rotating team of 3 people. We cleaned bottles two months on, then one month off. The co-op has become bigger and busier since then which = more bottles and more sterilising needed! It was very important during Covid that the Co-op kept operating. Our team worked solo bottle sterilising sessions in the Okines kitchen and I enjoyed keeping in touch with staff and volunteers at Okines, albeit at a distance. In recent years, I've enjoyed being in a team of two, with my friend and fellow bottle washing volunteer Maz.

#### What inspired you to get involved?

Thanks to community treasures Sonja and Mike, we had the wonderful Mecca Bowl health food shop in Sorell and we really missed it when it closed. It's fabulous to have a food co-op close to home. I can go shopping for my staple foods by bicycle! Volunteering and receiving the discount at the co-op means I can contribute to our home finances. I'm grateful to the wonderful co-op team for the work they do to source healthy, sustainably produced, low food-mile products where possible.

#### What role(s) have you taken on with the Food Co-op?

I clean and sterilise bottles for honey, peanut butter, maple syrup etc. I get great satisfaction from removing labels, defeating horrid sticky glues and delivering sparkling clean/sterile bottles to the Co-op ready to be refilled.

#### Favourite aspect to volunteering with the co-op?

When it comes to supplying shiny bottles, I am in total control! I can listen to my favourite RN programs as I work AND I don't have to sit at a computer.

#### Advice to new volunteers?

There is sure to be a job that suits you, gives you satisfaction and contributes to your community.

#### Anything else to add?

I have been interested in eating lots of different foods since the 1970s when I shared a house with a friend who was into macrobiotics. I gave up eating wheat products for a year to manage a health issue in my 30s and found the alternatives so yummy they have remained important in my diet ever since. I can source these at the Co-op and discover delicious new products to include in my diet.

#### Favourites:

- Raw almonds: I have early memories of gathering almonds which my older siblings knocked from the trees with sticks as we competed with noisy flocks of galahs for the harvest. I eat almonds every day.
- Medium grain brown rice: nutty and so delicious! Sustained me on long distance bike rides (e.g. Adelaide to Melbourne via the coast).
- Whole spelt grain: my favourite base for a crunchy grain salad.
- Roasted cashews, skin on, from Vietnam: OMG!



Gwen (left) and Maz (right)

## INGREDIENT SPOTLIGHT: DRIED BEANS

This newsletter we are highlighting our range of **dried beans (pulses)**. The co-op has a great range of these essential pantry items that are a staple in diets across the world. From classic red kidney and chickpeas, Italian style cannellini and borlotti or black turtle beans there is something to use in all types of cuisine. These beans are a great source of protein, minerals such as iron, vitamins and healthy fats.



In their dried form they can be stored for long periods and then cooked up when needed for maximum nutrition. Pre soaking is required to not only assist cooking them but also remove enzyme inhibitors, oligosaccharides and lectins. A great tip is to use salt when soaking overnight to draw these out (not acids as this can slow the process), then rinse and cook until soft in fresh water. They will store cooked in the fridge for a week so you can batch cook as you need.

### Tuscan Bean Stew

As winter is upon us, I have selected red kidney, cannellini and borlotti beans for a warming and wholesome tuscan bean stew. An easy one pot meal that makes an ideal dish to enjoy by a good fire with friends.

#### Ingredients

- 400-600g red kidney, cannellini, borlotti beans (pre soaked and cooked)
- A good glug of olive oil
- 2 red onions, diced
- 2-4 garlic cloves, diced
- 2 zucchinis, cut into chunks
- 1 eggplant, cut into chunks
- 1 cup green olives
- 1 cup black olives
- 600-800g chopped tomatoes
- 1/2 cup pearl barley
- 3 tbs balsamic vinegar
- 1 bunch of flat leaf parsley
- Salt and pepper to taste



1. Cover pearl barley with boiling water in a small pot and cook until just softening.
2. Meanwhile heat oil in a large pot to medium-high. Fry onions, garlic and eggplant with salt and pepper. Cook away and add half the balsamic vinegar. Keep cooking until eggplant is glazed and caramelised.
3. Add the beans and zucchini and cook for 10-15 mins. WITH LID ON! You want to release all the moisture from veg but keep it in the pot to create the base of the stew stock (add a splash of water to get it going if needed).
4. Add chopped olives and remaining vinegar, season again. Cook for a further 5-10mins then add tomatoes, drained pearl barley (and a little of the water) and a hand-full of parsley. Keep lid on and turn heat to low, stew for 30 mins - 1 hour stirring occasionally.
5. Remove lid and reduce if needed. Season once more and serve with lots of fresh parsley and some yummy bread.

**Tom Waller, Co-op Recipe Manager**

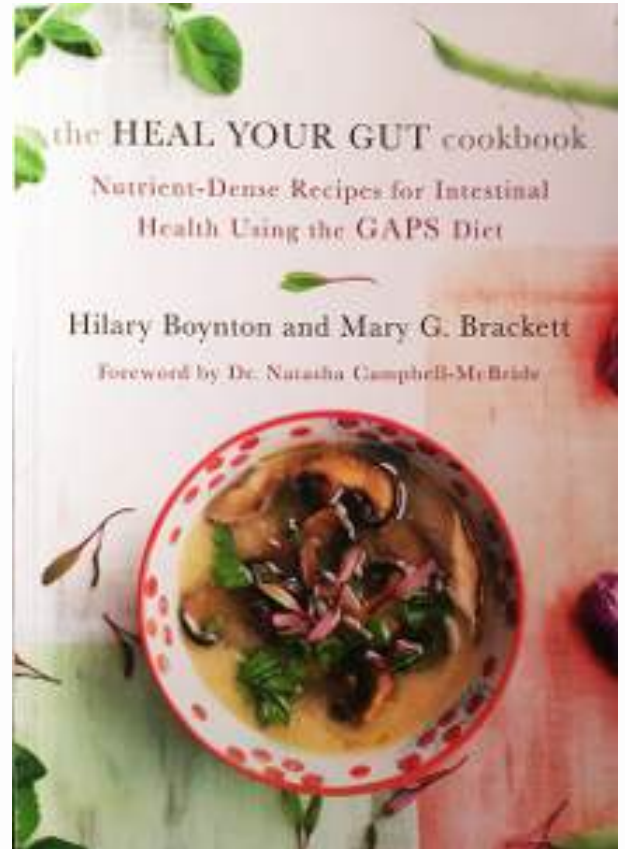
## BOOK REVIEW

**The HEAL YOUR GUT cookbook****Nutrient-Dense Recipes for Intestinal Health Using the GAPS Diet****by Hilary Boynton and Mary G Brackett**

This is a “how and what to do” book that is about changing eating habits. It is a book that suggests a serious commitment to time spent preparing your foods and doing it from as close to scratch as it comes.

It is an impressive shift for some that these cooking habits demand, that will help maintain your intestinal health according to the GAPS diet – e.g. “you have meat stock continuously on the stovetop, often ladled right into the next pot of soup, kefir is being turned around every twenty four hours; your Cock-Pot is familiar and well used in the rotation; mayo and dressings are made every other week; and making ferments is a monthly habit”.

This is at Stage 5 full GAPS Diet (intro level) and is slightly more flexible, and it is suggested that you adhere to it for about two years minimum.



This is hence a using food as medicine book that is about healing through avoiding certain foods and learning to incorporate foods and their ways of preparation with the intention of improving your well-being.

The authors refer you to the Gut and Psychology Syndrome book by Dr N. Campbell-McBride, MD if you want the motivation, understanding and reasoning behind the GAPS diet. It does not really try to convince you of its efficacy beyond the six-page introduction of personal stories. It jumps straight into the “How” – this is what you need in your pantry, these are the essential ingredients and techniques, here’s what each stage looks like, with 7-11 key defining recipes suggested per stage and then drops into a more standard recipe book structure based on food type (Salads, Fish, Meat, Vegetable etc).

It has great photography, that depict sumptuous looking food. Each recipe is described in a paragraph style of the process to follow. Straight forward and easy to follow, crafted with taste in mind so it seems to me. The GAPS diet I believe is GF, as it avoids all grass flours. It is very reduced carbohydrate diet and heavy on fats and meat/bone stocks. If that sounds appealing to you then check this book out.

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





## EVENTS AND ACTIVITIES



LANTERN PARADE 2025

### Call for Volunteers



- Food & drink stalls
- Photographer
- Parade wardens
- Traffic Wardens
- Set up & Pack down
- And more!



Pop by for a chat, send us a message or email [events@okinescommunityhouse.org.au](mailto:events@okinescommunityhouse.org.au)



## WINTER SOLSTICE LANTERN PARADE

FRIDAY JUNE 20TH  
5PM-7PM



BONFIRE &  
SHADOW PUPPETS



INSTALLATIONS &  
LANTERN PARADE



HOT FOOD &  
DRINKS

Okines Community House along with Dodges Ferry Primary School & South East Arts Tasmania Inc. invite you to join us for the 2025 Winter Solstice Lantern Parade.

**BYO lanterns, torches & mugs**



Supported by Sorell Council & Hill Street Grocer

540 Old Forcett Road, Dodges Ferry, (next to Dodges Ferry Primary School). For more info, or to volunteer on the night contact (03) 6265 706 or email [events@okinescommunityhouse.org.au](mailto:events@okinescommunityhouse.org.au)



## LANTERN PARADE LIGHT INSTALLATION COMPETITION

THEME - NATURAL WONDERS

Get involved with this year's lantern parade by making a light installation to light up the night and be in to win a prize for the most magical installation!

REGISTER BY MON JUNE 9TH  
SUBMIT BY FRI JUN 20TH

Contact [events@okinescommunityhouse.org.au](mailto:events@okinescommunityhouse.org.au) to register or for more info

Supported by Dodges Ferry Primary School, South East Arts Tasmania Inc., Sorell Council & Hill Street Grocer



## WINTER SOLSTICE LANTERN PARADE



LIGHT BOXES  
WITH MICHELLE PEARS

Monday June 2nd  
10:30am - 1:30pm



SHADOW PUPPET MAKING  
WITH KATHY HALL

Thursday June 12th  
3:30pm - 4:30pm



PLASTIC FUSION LIGHT  
INSTALLATIONS  
WITH LORENZ CHERRY

Tuesday June 17th  
10:30pm - 1:00pm

## LIGHT ART WORKSHOPS

Join us here at Okines Community House in the lead up to the Lantern Parade for a series of FREE and fun light art workshops, facilitated by local artists from South East Arts Tasmania Inc.

Make light boxes to light up the parade, shadow puppets for the kids, or make a light installation from recycled fused plastic, there is something for everyone!

Visit our Facebook page for more info on each event or contact us for more info

BOOK NOW

Limited spaces available  
[events@okinescommunityhouse.org.au](mailto:events@okinescommunityhouse.org.au)

(03) 6265 7016





## EVENTS AND ACTIVITIES



Starting June 5th



# DANCE

## Club



Thursdays  
6pm - 7pm  
By Donation



Okines  
Community House  
All welcome

This is free dance, so any style you want. Dress comfy, fancy or however you feel!  
The only rule of Dance Club is that we are here to dance, so please have your conversations outside.

We are also looking for DJs for future sessions, so get in touch if you're keen to create to make a playlist or DJ for a future session.

info@okinescommunityhouse.org.au

## D'Ferry Flicks

Enjoy a film on the **third\*** Saturday of the month  
6.30pm for 7.00pm

at **Okines Community House**

— members \$35/25 for 12 months, or casual \$5 a month —



**21 June 2025**

**Last Film Show** (2021, India)

Drama M 1h 50m

The film is directed by Pan Nali. Bahavin Rabari stars as Samay, a 9-year-old boy who discovers his passion for stories told through light at a rundown picture theatre.



**19 July 2025**

**I Am Legend** (2007, USA)

Sci Fi/Drama/Thriller M 1h 41m

A post apocalypse film set in New York starring Will Smith who plays a scientist seeking to control a virus threatening New York.



**16 August 2025**

**The Blind Sea** (2024, Australia)

Documentary PG 1h 34m plus 30m Q&A

Australian blind surfer Matt Formston overcomes macular dystrophy to achieve world records and inspire the next generation. Director/Writer is Daniel Fenech. Also appearing are Layne Beachley, Sam Bloom and Lucas 'Chumbo' Chianca.



**20 September 2025**

**Bright Star** (2009, Australia)

Biography/Drama PG 1hr 59m

Jane Campion directs this film about the love affair of English poet Keats (Ben Wishaw) with Fanny Browne (Abbie Cornish).

Dodges Ferry Film Society is a volunteer-run initiative of Okines Community House Inc and we are a member of the Tasmanian Federation of Film Societies.

Our film nights begin with a complimentary drink and some shared nibbles or light meal (\$5-\$10). Remember to bring a little cash for the food and optional camp chair, cushion or rug for comfort.

Film ideas welcome! Check our page on the Okines website at [okinescommunityhouse.org.au](http://okinescommunityhouse.org.au) for details and keep in touch with **D'Ferry Flicks** on Facebook, Instagram or by email.

\* Feb - Dec. From time to time an advertised film or screening date may change due to film licensing or film/venue availability.

## INTERESTED?

If you would like to join any of the events, or want to find out how to organise your own, please contact the **Okines Community House:**

phone: 6265 7016

email: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)