

AUG - SEP 25

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our August - September newsletter!

Tim reviews a cookbook with a focus on the low-FODMAP diet. A very popular cookbook in the co-op library! Tom spotlights gluten free flour with a Carrot, Cabbage and Sesame Pancake recipe.

Bron shares what's coming up at the coffee shop and Dawn features in our food co-op volunteer stories.

Stay cozy,
Your co-op team



OKINES FOOD CO-OP
ORGANIC GOODNESS



OPENING TIMES

TUESDAY 10AM-5PM

FRIDAY 9:30AM-1:30PM

SUNDAY 9.30AM-1.30PM

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...

This month we pay our respects to Jill and the recent loss of her partner Paul Blake. We hold Jill and their daughters Charlotte, Nell and son Ned in our thoughts.

Jill is taking a break from the co-op until the end of August. Please contact and support our Volunteer Manager Carlos as he holds the reins in her stead.

For those who don't know Carlos, see his smiling face pictured below.



CO-OP MEMBERSHIP

New members are always welcome! Drop into the co-op to talk to one of our lovely volunteers.

Members pay \$20 / \$15 concession per year
Lifetime membership is \$100

Interested in volunteering at the co-op or taking on a new task?

Become an **active member** by volunteering 4-6 hours a month and receive a 15% discount!

Enquire and find out what tasks are needed or what tasks you'd be interested in bringing to the co-op! If you have specific skills or interests we would love to have you on board!

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

CO-OP COFFEE SHOP

When: every Friday 10am – 1pm

Where: Okines Garden outdoor kitchen (next to the CO-OP)

The coffee shop is a place to gather around the table for a relaxed chat with others from our community, maybe join a **discussion forum** around a nominated topic, or simply listen to great music by our local musicians at our **open mics**. Your host will make you an espresso-based coffee or specialty tea and offer you a slice of something delicious made by our wonderful bakers.

In September, the coffee shop and open mic crew will be providing refreshments and music for the Okines Clothes Swap (see poster on p7). With spring in the air, and plenty of kids and adult clothes to rummage through, this event promises to be a great one.

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

UPCOMING SCHEDULE

AUGUST

Friday 1st – Coffee Shop & Conversations

Friday 8th – Coffee Shop & Open Mic

Friday 15th – CLOSED

Friday 22nd – Coffee Shop & Discussion Forum

Friday 29th – CLOSED

SEPTEMBER

Friday 5th – Coffee Shop & Conversations

Sunday 14th – Coffee Shop & Open Mic at the Okines Clothes Swap

Friday 19th – CLOSED

Friday 26th – Coffee Shop & Discussion Forum



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

COFFEE CHRONICLE

Origins – Choosing the Right Beans

Where your beans come from—and how they're roasted—shapes your shot. Single-origins showcase one region's character: bright Ethiopian citrus, Colombian chocolate or Brazilian nuttiness. Blends mix beans for a balanced, consistent cup that smooths extremes.

Roast level also matters: light roasts preserve acidity and origin notes; medium roasts add body and sweetness; dark roasts introduce caramel, cocoa or smoky tones. For espresso, start with a medium-roast blend for reliability, then explore single-origins or lighter roasts when you want more distinctive flavours.

It's always a great idea to try your beans in various drinks—espresso, long black, flat white. Avoid adding any milk if you want to focus on the subtle flavour profiles. Adding milk to the drink will then highlight and compliment other flavours.

And as always, your palate will be different from everyone else. There's no 'best' coffee - just personal favourites!

Happy sipping,
Kurt



Sadly, our very knowledgeable barista Kurt, editor of the Coffee Chronical, has had to step away from coffee pouring duties to focus on his rapidly growing glassware business. We are going to miss his easy-going charm as much as his coffee making skills. Perhaps you might be interested in being a host? See the call out below for details!



COFFEE SHOP VOLUNTEER CALL OUT

We are on the lookout for new members to join the coffee shop crew to host one Friday session a month.

Being part of the crew is a great opportunity to showcase your barista or baking skills using ingredients from the co-op, or to meet new people from our amazing community. If you are interested, contact Brendan on 0468 905 340



WHAT'S HAPPENING AT THE COOP...

FOOD CO-OP VOLUNTEER STORIES

By Dawn Green



Have a read of my reflections on volunteering at the Food Co-op.

When did I start volunteering?

I'm not sure on the exact time frame but it was likely 2021, not long after we moved to Dodges Ferry.

My inspiration

I've always been passionate about healthy, locally-sourced food and when I learned that there was a food co-op right here in Dodges, it wasn't long before I set out to have a look. Once I walked through the doors and felt its welcoming, cheerful vibe, and saw the variety available, I knew I wanted to be a part of it!

My roles at the Food Co-op

After chatting with Jill and Danae (volunteer coordinator at the time), my first gig was helping with an inventory of the food labels in the co-op. This proved to be a great way to find out more about the wide range of products available. Then I helped out while Danae was away (interim volunteer coordinator) - which consisted of admin work, keeping all the volunteer info up-to-date, and welcoming new volunteers.

It was around this time that the Small Town Markets were a regular gig, and during a conversation with Jill, I offered to organise a Food Co-op stall at the markets and other events that cropped up, like the school fair.

I coordinated the small dedicated army of volunteer bakers to have their goods ready

and delivered on the day, then, alongside my wonderful daughter, Jarrah (and other volunteers), we would set up the stall and sell the wares of the Food Co-op. It was a great way to raise awareness of the Food Co-op, as many people didn't even know it existed!

This led to the idea to have a stall and coffee shop in the Okines Kitchen area during the markets. This was quite a feat to pull off and thanks to the efforts of Brendan, Curtis and other amazing volunteers, we would have a huge spread of baked goods available, as well as brewed chai, steaming coffee, and often live music provided by local musicians. Walking down into the space, market-goers were greeted with a lively atmosphere and this often led to people checking out the Food Co-op and signing up, which was fabulous. In more recent times, I've shifted my focus to my passion for writing, hence these regular volunteer stories in the Food Co-op newsletter.

Favourite aspect to volunteering at the co-op?

For me, like others, it's about feeling part of a dynamic community, where everyone is friendly, supportive and quick to share a laugh. I also like learning new skills and sharing information on the Food Co-op with the broader community. One of my favourite fun facts to share is: Did you know we source a large extent of our dried goods from Eumarrh? Save yourself a trip to town and come down to shop at the Food Co-op instead!

Advice to new volunteers

Reflecting on my journey, it goes to show that there truly is a role for everyone at the Food Co-op! Have a chat with Carlos, our current volunteer coordinator, and explore the possibilities. The key is finding a great fit with your skills and the needs of the Co-op.

Last thoughts

I am so grateful to Jill for her endless energy and commitment to the Food Co-op. She is a true inspiration and thanks to her dedication, we have grown to be a fabulous team of people who share a vision to keep this community initiative going strong.

INGREDIENT SPOTLIGHT: GLUTEN FREE FLOUR

The focus of this newsletter is Gluten Free Flour. This flour mix is from Orgran, an Australian company specialising in alternative grains and products safe from common allergens. It has been developed specifically as a straight substitute for regular plain flour to use in equal amounts in your everyday cooking. The flour blends maize starch, rice flour, tapioca and rice bran and the addition of a guar gum as a binder that helps it handle and cook similar to its wheat counterpart. This flour can be found in with the other gluten free products in the middle room at the co-op.

Nutrition info per 100g: Energy 1554 kJ; Protein 2 g; Total Fat 1.2 g; -Saturated 0.1 g; Carbohydrate 84.8 g; -Sugars 0.9 g; Sodium 29 mg

Carrot, Cabbage and Sesame Pancakes

For this round's recipe, we have a simple and delicious savoury pancake. Not only gluten free but also vegan with no need for egg or dairy as you would commonly find in many pancake recipes. Great as a light lunch or make it into a dinner with your choice of sides. Enjoy!

Ingredients

Batter:

- 200g Orgran gluten free flour
- 2 tsp miso paste
- 1 tbsp tamari
- 300g water
- 1/4 white cabbage sliced
- 1-2 carrots grated
- 1 clove of garlic
- 1/2 red chilli (optional)
- 2 tbsp toasted sesame seeds
- 40g coriander chopped
- 2 spring onions chopped
- Thumb of ginger finely chopped

Dipping sauce:

- 2 tbsp tamari
- Zest and juice of 1 lime
- Optional chilli oil
- Dash of cold water



1. Place all chopped veg, herbs and sesame seeds in a large mixing bowl.
2. Whisk the batter ingredients until smoothing, using a food processor or by hand with a whisk.
3. Pour batter over the vegetables and mix well and season with salt. If you have time let the mix rest here for 29 to 30mins.
4. While you wait mix the dipping sauce components together and set aside.
5. Heat some oil in a good frying pan over a medium heat and spoon in the pancake mix to desired size. Spread evenly and fairly thin so it can cook through well.
6. Cook for a few minutes until they bubble on top before flipping. The pancakes should be golden brown in colour.
7. Serve immediately with some more herbs and the dipping sauce on the side.

Tom Waller, Co-op Recipe Manager

BOOK REVIEW

The Two-Step Low-FODMAP Diet and Recipe book**By Dr Sue Shepherd**

This “complete guide to managing IBS and food intolerance symptoms” is a particularly good introduction to FODMAP concepts and the suggested responses are delivered in an informative but light tone.

Dr Sue is very understanding of the challenges in diet conformation and her tone and ways of implementation reflect an experience of helping real people overcome their food intolerance symptoms.

In part 1, the about the two-step low-FODMAP diet is clear in the information presented. The facts used have a firm scientific basis and the delivery is clear and concise.

THE TWO-STEP LOW-FODMAP DIET AND RECIPE BOOK

DR SUE SHEPHERD



THE COMPLETE GUIDE TO MANAGING IBS AND FOOD INTOLERANCE
SYMPTOMS • 80 DELICIOUS RECIPES • STEP-BY-STEP GUIDE ON
THE REINTRODUCTION OF RESTRICTED INGREDIENTS

The role of FODMAPs is made clear within the digestive system and where they are found in foods is outlined using tables listing foods in main groups. I found this presentation one of the more easily digestible outlines of a diet so far!

The recipes are presented (mostly) on a double page spread with great photography that inspire you to make the dishes depicted – they look seriously appetising. Low-FODMAP recipes are almost entirely gluten free to reduce fructans and protein is sourced predominantly from our delicious animal brethren. Hence the biggest challenge is presented for vegetarians and vegans, but both groups have dedicated pages for how they can meet FODMAP requirements.

The recipes are not on the simple and quick end of the spectrum, but on the interesting and tasty end. Using this book has helped me understand why it is regularly being borrowed by you lovely folk! It has had the most recipes ear marked by my wife of all the books I have reviewed over time – a more solid recommendation cannot be found (as anyone who has had the pleasure of eating Salome’s food can attest!).

Tim Duffy, Co-op Library Manager



EVENTS AND ACTIVITIES

Okine's CLOTHES SWAP

Sunday 14th
September



10 am —
12 pm

Kids & Adults Clothes

*Live
Music*

*Tea, Coffee
& Cakes*



Okines Community House
540 Old Forcett Road, Dodges Ferry
Visit our FB page for more info or email
info@okinescommunityhouse.org.au

Bring 3 high
quality items max.
**Drop off by 10am
with the swap
starting at 10:30**

EVENTS AND ACTIVITIES

ART & CRAFT



SUPPLIES

BUY * SWAP * SELL

MARKET



SUN 17TH AUG 10AM - 1PM

Join us at Okines for a mini market of arts & craft supplies to help you spark your creativity!

Buy or Swap: Shop from local's personal collections at cheap prices. Or bring your own unused arts & crafts supplies to swap as well.

Sell: Tables cost \$5 to rent or you can BYO. Contact us by Mon Aug 10th to register.



**OKINES COMMUNITY
HOUSE**

**540 OLD FORCETT ROAD
DODGES FERRY**

Contact: info@okinescommunityhouse.org.au



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EVENTS AND ACTIVITIES

OKINES SONG CIRCLE

Monthly jam nights



Starts
July 31st

Last Thursday of the month
6pm - 8pm
BYO Instruments & Vocals
Open to all levels and
abilities

Do you like song writing, to play an instrument or sing? Are you looking for a cool space to jam? Hosted by local musician Sam Smets, come along to Okines Song Circle and join us for some tunes! No need to book, just come along and have some fun! Gold coin donations appreciated.

info@okinescommunityhouse.org.au



EVENTS AND ACTIVITIES



VOLUNTEER



AT OKINES



Help make a difference in your local community and have some fun while sharing your special skills, time and energy! So come and talk to us, we'd love to hear how you might like to get involved!

Can you help with?

- Gardening
- Cooking
- Bike Repair
- Food Co-op
- Events
- Graphic Design
- Admin
- Photography
- Hosting Activities
- And more!



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