

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

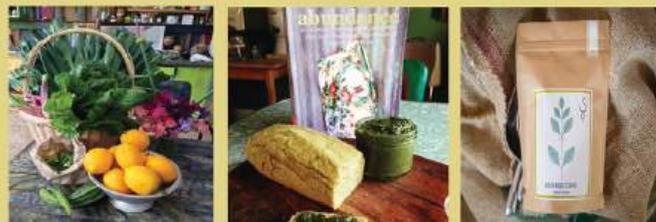
Dear members,

Welcome to our February - March newsletter!

As always, we're on the hunt for new volunteers, drop in and talk to one of our wonderful co-op cashiers!

This newsletter Tom highlights honey with two iced drink recipes and Tim reviews a vegetarian cookbook. Co-op gift vouchers are now available and open mics have changed to the 1st Sunday of the month.

Enjoy the warmer days,
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...

JOB SEEKER POSITION

Calling out for someone interested in using their Job Seeker hours to contribute on a weekly basis (some or all of their hours) to supporting Carlos and Jill in the co-op.

Tasks would cover all areas in the co-op except the admin.

- Cashiering
- Assistant cashier
- Stock maintenance
- Backup person to all the different volunteer teams that contribute to the smooth operation of the co-op.

Please reach out to Jill for more information via okines.food.coop@gmail.com



GIFT VOUCHERS NOW AVAILABLE!

Gift the gift of local, ethical & eco-friendly!

Give someone **co-op store credit** with physical gift vouchers available to purchase at the co-op counter during opening hours.



FOOD CO-OP BANK DETAILS

A friendly reminder that our old bank details have changed to:

Name: Okines Community House Inc.

BSB: 633 000

Acc: 234 660 637

CO-OP MEMBERSHIPS DUE

A new year brings another round of membership renewals

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

COFFEE CHRONICLE

Zero-Waste Coffee at Home

Coffee is more than a titillating, tasty treat. There are all sorts of ways to give your spent grounds, or leftover coffee, a new life.

Compost or worm food.

Mix spent grounds into your compost heap or worm farm, rather than piling them straight onto the soil. They're best combined with kitchen scraps and some dry material so they break down cleanly. (Avoid heavy use on acid-sensitive plants).

Share locally.

The Co-op community garden has a compost hub and will happily take your used grounds.

Cleaning & body care.

Dry grounds are helpful for scouring pans and neutralising smells. Or, mixed with a little coconut oil, they make a great natural body scrub. (Rinse well after use).

Store leftover coffee.

If you don't get through your whole brew, freeze that leftover coffee into ice cubes for your next iced-latte (this avoids diluting the drink).

Happy, lower-waste brewing,
Kurt



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

CO-OP COFFEE SHOP

DISCUSSION FORUM

When: Friday February 20th 11am - 1pm
Where: Okines Garden outdoor kitchen
Topic: The future of the discussion forum

Brendan has been working as the main organiser for our monthly discussion forums. He will no longer be able to continue in that role as he will be putting his energies into organising the Open Mics.

To workout a way forward for the discussion forums there will be a special discussion forum on Friday February 20th from 11-1pm to discuss its future. Those who have been involved over the years and would like to see it continue please come along.



OPEN MIC

When: 1st Sunday of the Month
Where: Okines Garden outdoor kitchen

This year the Co-op Coffee Shop will be moving our monthly open mics to the **first Sunday of the month**. Hopefully this will allow more people to come along and enjoy the music, shop at the Co-op, and relax in the garden.

If you would like be involved and contribute to the ongoing success of the open mics as a performer, stage managing, providing food, promotion, or helping out on the day please contact Brendan on 0468 905 340.

Many thanks to all those who have made the open mics such a success.

**CO-OP
COFFEE
SHOP**

**OPEN
MIC**

**First Sunday
of the Month
10:30am-1pm**

Free espresso
Bring a plate
of food to
share if you
can

**Okines
Community House**

info@okinescommunityhouse.org.au



WHAT'S HAPPENING AT THE COOP...

FOOD CO-OP VOLUNTEER STORIES

A conversation with Eleanor Stancombe

By Dawn Green



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

I started volunteering with the Food Co-op when I moved to Dodges in the summer of 2017.

What inspired you to get involved?

I was previously an active member of the Blue Mountains Food Co-op in NSW and had been seeking a food co-op to join when I moved to Tassie. It was a huge bonus that Dodges Ferry has one, not to mention it's a fantastic one! I love being able to contribute to something in the community in order to bring home discounted bulk food without all the packaging.

What roles have you taken on with the Food Co-op?

I started off helping Jill with some administrative tasks, before spending many years as a Sunday cashier. I loved cashiering as I met wonderful community members and I instantly felt part of the Dodges community. I've also met some very close friends through the co-op, for which I'm incredibly grateful for. About two years ago, I moved from cashiering to putting the newsletter together, which involves reaching out to a small collective of contributors for content and editing it all together. I quite enjoy formatting all the text and images so it fits together nicely, it's a pretty satisfying task!

What's your favourite aspect of volunteering with the co-op? Highlights? Learnings?

I love the ethos of a food co-op. I think when you give up time to help a not-for-profit initiative run, you generate purpose through strengthening communities and social change. I also like the way the co-op helps you to slow down, whether you're volunteering, shopping, or just hanging out chatting.

Any advice to new volunteers?

There are so many different ways you can be involved with the co-op and you can always shuffle around as you find different things you want to try. The Food Co-op is an incredibly generous place and no matter what you do, you'll feel connected and get something positive out of it.



BECOME A VOLUNTEER IN 2026!

Roles include, but not limited to!

- Co-op cashiers & assistants
- Jar sterilisers & bottlers
- Co-op coffee shop baristas & hosts
- Bakers & events assistance

Active members contribute to the Food Co-op by volunteering **4-6 hours per month** and receive a **10% discount**. Training provided! Have another skill not listed? Reach out and we might be able to find you a different task!

If you're interested in becoming a volunteer please contact Carlos via okines.food.coop@gmail.com



RECIPES: HONEY SWEETENED DRINKS

Summer is finally in full swing, so for this newsletter we have two refreshing iced drink recipes to try. Perfect for those hot afternoon wind downs after another glorious day at the beach!

Honey is always an essential at the co-op. There is now a great range from different local producers including the staples that are lovingly bottled by our volunteers. To ease the sugar content, honey becomes the highlight in these recipes to give the drinks that perfect sweet touch. I used the classic bush honey but substitute any for yours!

STRAWBERRY SHERBET REHYDRATOR

First off is a unique drink from an Anna Jones cookbook. Such a treat and rejuvenating too, sweet and salty to keep you hydrated. It really does taste like sherbet!

Ingredients:

- 2 tbsp honey
- Juice 2-3 lemons
- ½ tsp salt
- 1- 2 cup strawberries

In a blender add the honey, lemon, salt and 50ml of boiling water and blitz together.

Add strawberries and blitz again, then add 500ml of cold water and blitz again.

Cool completely in the fridge and serve over ice with mint.



HONEY AND ROSEMARY ICED TEA

Iced tea is a classic summer drink with endless ways to twist it into a signature recipe. Here we are using classic breakfast tea with rosemary for that botanical freshness.

Ingredients:

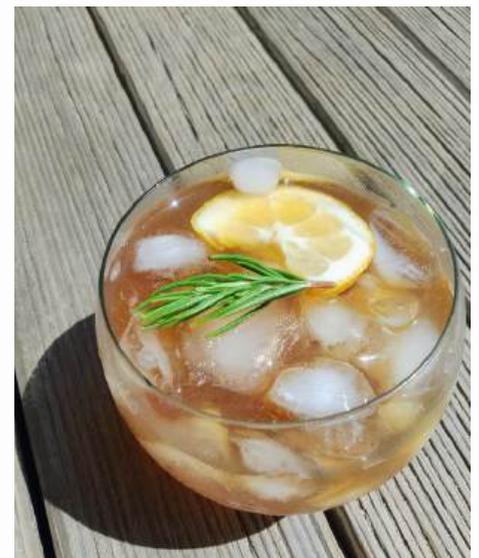
- 1 cup water
- 1 cup honey
- 10 fresh rosemary sprigs
- 350ml chilled steeped black tea (try the co-op breakfast blend)
- Squeeze of fresh lemon

First make a simple syrup

- Add honey and water to a small saucepan. Bring to a boil over medium high heat. Allow to boil for 1 minute.
- After 1 minute, add in the rosemary sprigs. Continue boiling for 2 additional minutes, then remove from heat and allow the syrup to 'steep' for 30 minutes in the fridge.
- Use immediately or store in an airtight container for 3-4 days. Makes enough for several iced teas!

For the iced tea

- Brew tea as normal, enough for 350ml, just adjust amount to desired strength. Allow to cool completely.
- Fill a glass with ice and add the tea. Sweeten the iced tea with your desired level of syrup, then finish with a squeeze of fresh lemon.



Tom Waller, Recipe Manager

BOOK REVIEW

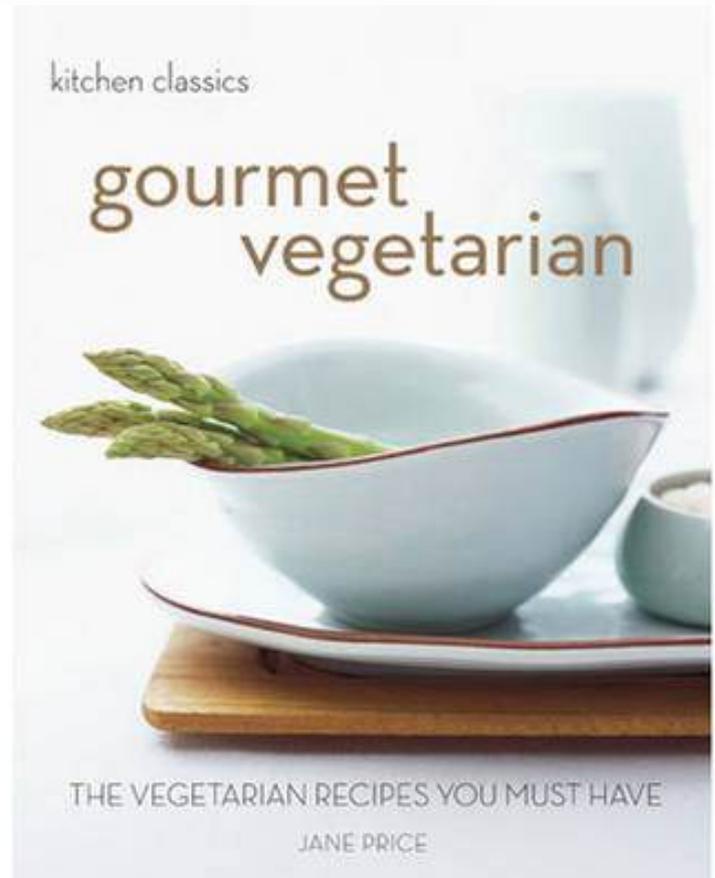
Kitchen Classics: Gourmet Vegetarian

By Jane Price

“Gourmet Vegetarian contains a vibrant selection of deliciously sophisticated vegetarian recipes from around the world, including snacks, starters, pasta and rice meals, stir-fries, casseroles and baked dishes”.

(Kitchen Classics: Gourmet Vegetarian - Price, Jane | 9781760523244 | Amazon.com.au | Books)

This book will have you visiting Indian and Asian food supplies to purchase items like sev noodles or puri crisps or even bamboo leaves. It is a fascinating mix of cuisines from many countries, many familiar European favourites, but interestingly, Asian and Indian specialties that I have not often seen in our range of cookbooks at the co-op. In this book you might choose to make ‘bhel puri (according to Jane, India’s most famous chaat), idlis + podi, sticky rice pockets, steamed rice dumplings, spring rolls or pirozhki!



The book is not for the faint of heart – you’ve got to be invested in cooking to navigate this book. It does not mean it is hard to pull off, the recipes are very well presented, beautiful enticing photos you can almost smell! It is just that if you want pumpkin gnocchi with sage butter or pulao, you are doing it from scratch. There are very few sauces or condiments you are not making yourself (excluding things like soy or mirin), and spices are not pre-mixed. However, one gets the feeling that you are going on a journey to create authentic textures, subtle flavours and true gourmet cuisine.

From the back sleeve: every recipe has been triple-tested in the Murdoch books test kitchen, to make sure you achieve perfect results every time! I think this new addition to the library will be welcomed by those who wish to take their cooking to a new level of vegetarian gourmet-ness. For the gluten free folks, you could simply replace the most often used self-raising flour with a GF version and to be honest there are a bucket load of recipes that are gluten free anyhow. There are close to 300 recipes in this book.

Get on your gourmet because this book certainly lives up to its subtitle: The vegetarian recipes you must have.

Tim Duffy, Library Manager



EVENTS AND ACTIVITIES

CO-OP
COFFEE
SHOP

**OPEN
MIC**

First Sunday
of the Month
10:30am-1pm

Free espresso
Bring a plate
of food to
share if you
can



Okines
Community House

info@okinescommunityhouse.org.au

Okines Souree

Featuring
**YACURUNA
& BEN COOPER**



OKINES COMMUNITY HOUSE

540 Old Forcett Rd, Dodges Ferry

CAN YOU HELP?

into@okinescommunityhouse.org.au

FOOD, DRINKS

LIVE MUSIC



FRIDAY
FEB 20

FROM
4 PM

THE GATHERING

A MONTHLY STORYTELLING
OPEN MIC



STARTS
MARCH 1ST

1st Thursday of the Month
7PM - 8:30PM

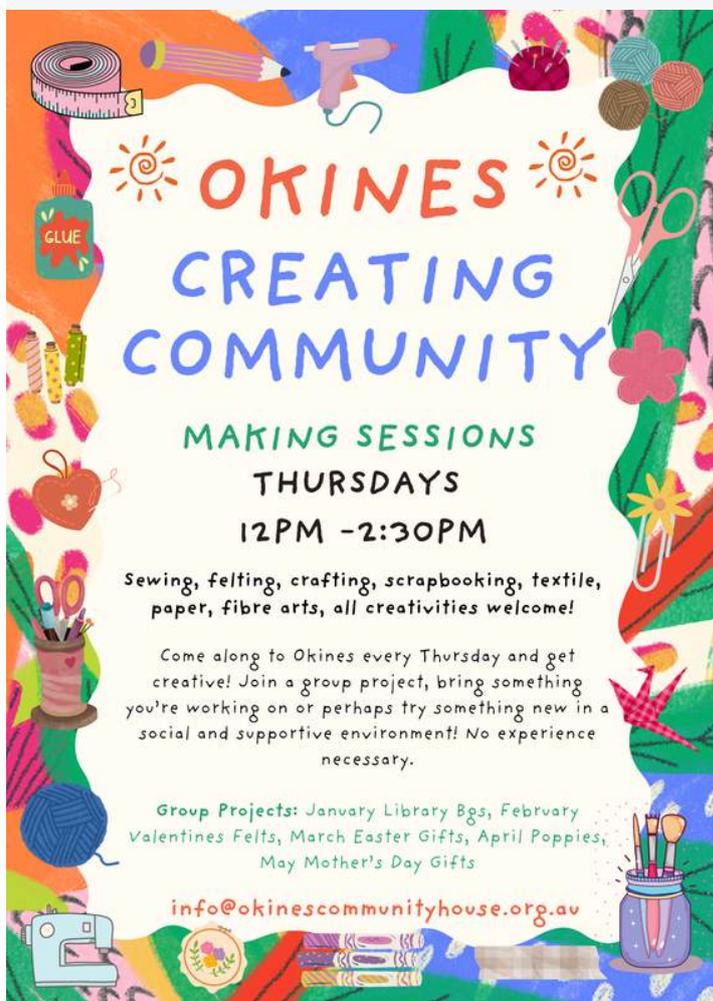
Okines Community Garden
540 Old Forcett Rd, Dodges Ferry



Okines
Community House

Come & tell a tale (up to 6 mins), or
come along and listen. All welcome

info@okinescommunityhouse.org.au



OKINES CREATING COMMUNITY

MAKING SESSIONS
THURSDAYS
12PM - 2:30PM

Sewing, felting, crafting, scrapbooking, textile,
paper, fibre arts, all creativities welcome!

Come along to Okines every Thursday and get
creative! Join a group project, bring something
you're working on or perhaps try something new in a
social and supportive environment! No experience
necessary.

Group Projects: January Library Bgs, February
Valentines Felts, March Easter Gifts, April Poppies,
May Mother's Day Gifts

info@okinescommunityhouse.org.au

EVENTS AND ACTIVITIES

Don't bin it. Bring it!

OKINES REPAIR CAFE

Sunday 1 March
11 am - 1.30 pm

Okines Community House | 540 Old Forcett Rd, Dodges Ferry

Sewing, mending & darning | Computer assistance
Electrical repairs | Jewellery repairs | Bike repairs
Tool & knife sharpening | General repairs

BUT WAIT - THERE'S MORE! FREE REPAIRS & SKILL SHARES | Volunteer fixers will repair your item and show you how they do it!

Happening at the same time @ Okines:

- Open mic
- Car boot sale & clothes swap
- Sausage sizzle

2026 REPAIR CAFES | (all on Sunday) 7 June, 6 September, 1 November

OKINES

[REGISTRATIONS OPEN!]

Car BOOT SALE

SUN MAR 1ST 11-2

WITH REPAIR CAFE OPEN MIC & BBQ

\$10 PER CAR OR PICNIC BLANKET

EMAIL INFO@OKINESCOMMUNITYHOUSE.ORG.AU TO REGISTER

Woody's World PRODUCTIONS present

Woody's BUSH CABARET

Family Fun Concert at Okines!

Sing, dance, strum and laugh along with Woody and friends

Saturday Feb 28th
3pm-4:30pm
Okines Community House

Tickets available via Humanitix with pay as you are able, to support this community event. Minimum cost per ticket is \$5 Children, \$10 Concession Adult and \$15 Non-Concession Adult. Tickets may be available for cash sales on the day, pending availability.

<https://events.humanitix.com/wood-ys-bush-cabarat-family-fun-concert-at-okines>

Okines Community House
03 6265 7016

info@okinescommunityhouse.org.au

OKINES COMMUNITY GARDEN

Seed Bombing Workshop

Come and get your hands dirty making seed bombs of wildflowers and natives! Throw them, don't plant them!

MONDAY MARCH 16TH 10AM - 11AM

OKINES COMMUNITY GARDEN

SEEDS

Gold Coin Donation
No experience necessary
All welcome

INFO@OKINESCOMMUNITYHOUSE.ORG.AU 540 OLD FORCETT ROAD, DODGES FERRY

EVENTS AND ACTIVITIES

SIGN UP TO VOLUNTEER AT OKINES



Scan the QR Code for our online volunteer registration form.

Keen to help out at Okines Events, Cooking, Workshops, the Food Co-op, Bike Shed, Community Garden or something else!

We want to help you find your way to support our community!

Get in touch today!

 03 6265 7016

 info@okinescommunityhouse.org.au



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
- Breakfast Club
- Photography
- Hosting Activities
- And more!

 03 6265 7016  info@okinescommunityhouse.org.au

If you would like more information or 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: events@okinescommunityhouse.com.au