

June - July 26

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our June - July newsletter!

In this newsletter, our book review looks at reducing waste in your kitchen; and we spotlight the versatile, digestion powerhouse, psyllium husk.

Winter is the perfect time to get stuck into some wholesome cooking and try different products. Stuck for inspiration? Borrow a cookbook from our library or flick through our recipes folder!

Stay warm,
Your Food Co-op team

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**

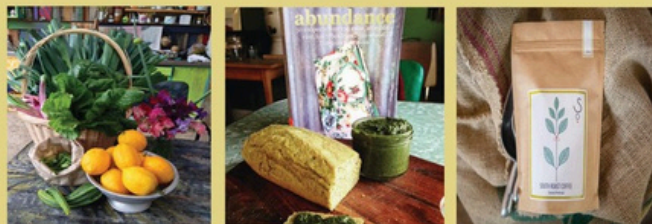
**Full [stock list](#) and [prices](#)
available on our website:**



**[okinescommunityhouse.com.au/
wpms/foodcoop/](http://okinescommunityhouse.com.au/wpms/foodcoop/)**



[@okinesfoodcoop](https://www.facebook.com/okinesfoodcoop)



OKINES FOOD CO-OP
ORGANIC GOODNESS



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

We're still searching for someone to fill a Job Seeker position at the Co-op.

Please let us know if you're interested in supporting Jill and Carlos on a weekly basis (some or all of your hours).

Tasks would cover all areas in the Co-op except admin:

- Cashiering
- Assistant cashier
- Stock maintenance
- Back-up person to all the different volunteer teams that contribute to the smooth operation of the Food Co-op.

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



SOURDOUGH BREAD ORDERS

Coastal Kitchen woodfired 20% rye sourdough bread from Lisa at Eaglehawk Neck \$11/loaf

Order by Wednesdays for Friday collection same week. ***Bread needs to be collected on Friday please*.**



WE NEED YOUR MEDIUM SIZED JARS

Drop off your jars for us to reuse, clean and label free.

FOOD CO-OP VOLUNTEER STORIES

A conversation with Gaylene

By Dawn Green



Gaylene shares her volunteering journey and what it means to her to be part of the Food Co-op team:

"I started volunteering at the Okines Food Co-op over two years ago. I wanted to do volunteer work in the area I live in. The Food Co-op inspired me as it is an interesting shop full of healthy ingredients. I started as an assistant then trained as a cashier.

"The really good thing about the work I do in the Co-op is learning about the different food they have in there. I get inspired to cook new recipes and taste food I haven't tried before. I also love meeting the people who shop at the Co-op. I have met so many people who live in and around the area. It makes me feel more connected to the community.

"Working in the Food Co-op is a responsible job. Keeping the food bins filled up and making sure everything is tidy and clean, helps me to stay busy and make it a great place to shop.

"The Food Co-op is always looking for new volunteers. I highly recommend popping in to see Jill and Carlos for more information if you are interested in giving a few hours a month. It's a great place to work and you get a discount on your groceries!"

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

CO-OP COFFEE SHOP & OPEN MIC

If you're a musician looking for a friendly encouraging venue to play come to Okines Food Co-op Open Mic.

We provide a PA and have a Stage Manager. We also run a Coffee Shop and serve free espresso, tea, and have snacks.

In June we're staging two Open Mics then we will have a break for winter. Back again in September.

All members of the public are welcome to participate or just sit back and enjoy.

Where: Okines Garden outdoor kitchen

When: Sunday, 10:30am - 1:00pm

Upcoming dates:

- June 7th
- June 28th
- September 6th

Winter Break: July-August



COFFEE CHRONICLE

From Jungle to Cup

That hot cup of coffee warming your hands on a cold Tasmanian morning contains a connection to somewhere considerably warmer. Coffee beans come from the tropics, a band of warm, humid countries circling the equator across Africa, South America, and Asia.

The brown beans you grind are actually seeds from a small red fruit called a coffee cherry. Someone picks each one by hand. Slow, careful work, and worth keeping in mind next time you're tempted to complain about the price.

After harvesting, the seeds are extracted, dried, and shipped green to roasters around the world. Green coffee looks and smells nothing like what ends up in your cup. Roasting turns a pale, grassy seed into something that smells like a good morning.

Those tasting notes on specialty bags: blueberry, dark chocolate, burnt caramel: are not added flavours or oils. These are real compounds that develop naturally through the bean's origin, altitude, growing conditions, processing, and roasting. Just like wine, the same bean grown in a different terroir can taste completely different.

So next time you're warming up with a coffee, think about its tropical origin for an extra, sun-soaked boost.

Happy brewing,
Kurt



INGREDIENT SPOTLIGHT: PSYLLIUM HUSK

This newsletter we're highlighting **psyllium husks**.

Psyllium Husks are the outer layer of seeds from the *Plantago Ovata*, a plant native to India. They're a great source of water soluble fibre, with just 1 tablespoon of psyllium husk containing around 5 grams of fibre. It's ideal for digestion and gut regulation. There are studies to suggest it can also help to lower cholesterol. Often referred to as a bulking fibre, psyllium is able to hold up to 16 times its dry volume in water! Think of it as a whole food supplement!

5 WAYS TO USE PSYLLIUM HUSK:

1: Blend it into your smoothies.

Bulk up the nutritional content of your smoothies by adding in a tablespoon of psyllium. With a very mild / no flavour you won't even notice it in there.

2: Use psyllium husk as a thickener.

Remember psyllium is very thirsty so start with just a half teaspoon of per serving to thicken your favourite recipes.

3: Use as a gut health supplement.

Make sure to drink enough water when taking psyllium husk so your digestive tract is optimally hydrated. Just add 1 tablespoon of psyllium husk to a glass of water.

4: Not just for us, dogs can benefit too!

Who knows what our furry friends gobble up when we're not looking. Hydrate half a teaspoon and add to your dog's meal to keep those tummies happy.

5: Use in baking (especially gluten free).

Perfect as a binder and to add elasticity to breads and doughs.

Gluten free shortcrust pastry

250g Gluten Free Flour
125g Butter
1 Egg
1 tbsp Psyllium Husk
Up to 1 tsp Xanthan Gum
100ml Water

Combine in a food processor, gently knead and cover in the fridge to rest for 30 mins.

Tom Waller, Recipe Manager



BOOK REVIEW

The Less Waste No Fuss Kitchen

By Lindsay Miles

Your essential guide to sustainable food choices: how to buy better, cook simply and waste less.

This is a great book for a friend of yours who asks you, “why do you shop at the coop?” Who has expressed admiration at your kitchen and low waste lifestyle and wishes they knew how to conduct themselves in a similar way but are just too overwhelmed by “the way to” get there.

I must admit I over/skim-looked part one; “the story so far” – I didn’t need to be motivated by the tragic story of externalisation of costs that the current food system is full of. If you shop at the coop you do it for the reasons stated in that first 20 pages. Hence, why I recommend “lending” this book to that friend or family member who needs some practical ways to respond to the uneasy feeling that comes from any sort of responsible reading into the current food system.

What I like about this book is its overtly stated value that there is no “perfectly sustainable” way to be for everyone. We all have choices we have made and a limited set of choices we are able to make. I like the “No fuss” rating that is attached to a table on p26 of how to use this book. The concept of how to change in this book recognises the spectrum of changes that are possible and it suggests small achievable things as well as how to go to implement a significantly changed way of eating.

Here is what the books publishers say about the book:

“Our kitchens are ground zero when it comes to food waste, excess packaging and confusing ethical choices. What you buy, cook and eat has a much bigger impact than the bag you carry it in. Inspiring, practical and above all simple, The Less Waste No Fuss Kitchen is designed for busy people who want to make changes without rethinking their whole lives.

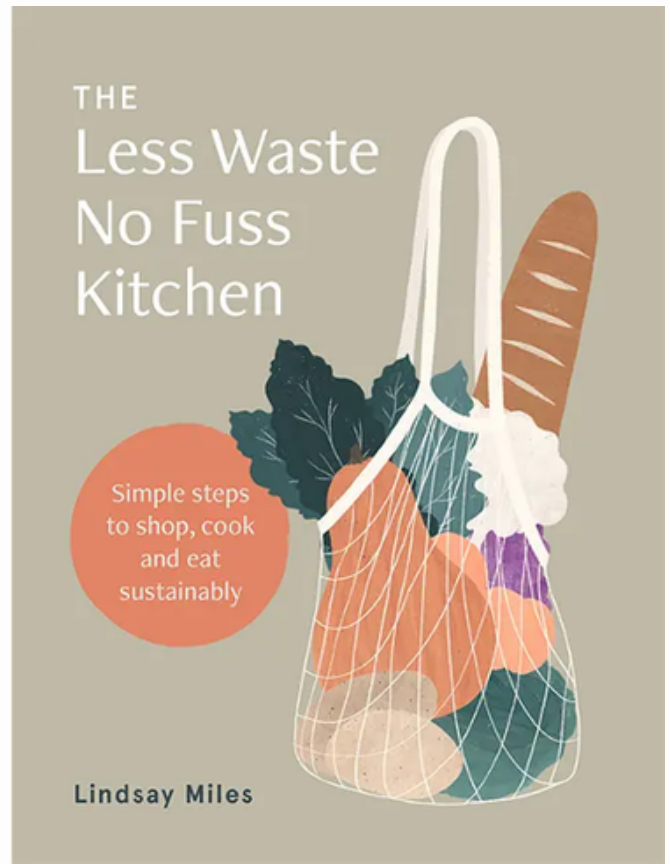
Lindsay Miles, of *Treading My Own Path* and *Less Stuff*, will help you to:

- Avoid single-use packaging, even at the supermarket
- Switch up your daily staples to reduce your carbon footprint
- Make the most of your pantry, fridge and freezer to avoid food waste
- Confidently adapt recipes to use what you have

There really might be such thing as a (waste) free lunch.”

Borrow it and lend it to that friend. I did take one idea I wasn’t already implementing from the book - “roasting the pumpkin seeds from my pumpkin” from the book. They were delicious!

Tim Duffy, Library Manager



EVENTS AND ACTIVITIES

Join us for the annual

WINTER SOLSTICE Lantern Parade

Okines Community House along with Dodges Ferry Primary School & South East Arts Tasmania Inc. invite you to join us for the 2026 Winter Solstice Lantern Parade.
This year's theme is Enchanted Wetlands!

FRIDAY JUNE 19TH 5PM

Bonfire & Lantern Parade Hot Food & Drinks

[BYO lanterns, torches & mugs]
Okines Community House
540 Old Forcett Road, Dodges Ferry
03 6265 7016
info@okinescommunityhouse.org.au

Lantern Parade LIGHT ART WORKSHOPS

SILHOUETTE LIGHTBOXES

Fri June 5th 10:30am-1:30pm & Mon June 8th 10:30am - 1:30pm

Come along to Okines & make a silhouette lightbox to light up the night of the Lantern Parade! This workshop is suitable for adults & children ages 5+
Call or email to book

SHADOW PUPPETS

Thursday June 11th 3pm-5:30pm

Come along to Okines & make Enchanted Wetlands Shadow Puppets to light up the night of the Lantern Parade! This workshop is suitable for adults & children ages 5+
Bookings not required

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LANTERN PARADE - JUN 19TH

Call for Volunteers



- Cooking/Food Prep
- Food Stall
- Drinks Stall
- Set up &/or Pack down
- Traffic Wardens
- Photography



Pop by for a chat, send us a message or email events@okinescommunityhouse.org.au

EVENTS AND ACTIVITIES



ART for Change

Join us for a relaxed art workshop where women can create together, have gentle conversations, and imagine what a safe, happy future looks like.

WHEN: Tuesday 9th June
10am-12pm

WHERE: Okines Community House Inc.
540 Old Forcett Rd,
Dodges Ferry

All Art Supplies Provided

No need to book, but for more information, contact Verity, Financial Literacy Officer

E: verity@womenslegaltas.org.au
T: 0456 631 892

The Art for Change project is supported through a kind donation from ANZ Community Foundation



FREE Financial Literacy Workshop

Homeschooling Children
Prep to Grade 12

What topics might be covered?

Verity is a MoneyMinded coach and uses resources such as prompt cards, handouts and animations to support discussion in a number of topics relating to money, such as:

- | | |
|-----------------------------------|--------------------------|
| Debt | Goals |
| Phones and contracts | Saving and spending |
| Golden rules for consumers | Money planning |
| Starting work, including payslips | Everyday banking options |
| What is Taxation? | Different ways to pay |
| Superannuation | Bills |
| Right to complain | Types of paperwork |
| Investment basics | Credit and credit cards |
| Tenancy vs Home Ownership | Loans and credit reports |
| Moving out of home | Money and Relationship |

Tuesday 9th June
1pm-3pm

Okines Community House Inc.
540 Old Forcett Rd,
Dodges Ferry

Training will be led by a neurodiverse facilitator. If your child requires any learning accommodations, please let us know.

To book or for more information, contact Verity, Financial Literacy Officer

E: verity@womenslegaltas.org.au
T: 0456 631 892



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

Don't bin it. Bring it! OKINES REPAIR CAFE

Sunday 28 June
11 am - 1.30 pm

Okines Community House | 540 Old Forcett Rd, Dodges Ferry



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

FREE REPAIRS & SKILL SHARES | Volunteer fixers will repair your item and show you how they do it!

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