



Newsletter - June 2018

The **Okines Food Co-Op** welcomes you to our newsletter!
What's happening this month:

1. New in our shop: Southern Wild ferments
2. Special opportunity: 10kg bags of Kennebec potatoes
3. We'd like to hear about your product needs!
4. Important info on prepack orders
5. Working / contact hours Jill and Deva
6. Attached: Price list, order forms and minutes from the co-op subcommittee meeting 28th May
7. Tell us your favourite recipes for healthful sweets!
8. Wanted: New peanut butter monitor and honey/tahini bottlers
9. Don't miss out: Garden tucker lunch
10. Our special recipe for you: Turmeric porridge

1. Various **ferment products from Southern Wild** are now available either by regular monthly order or in the co-op fridge. Jill will send you the order link for details on what is available that month on the week prior to delivery. Products will be left at the co-op for you to collect and pay from the 4th Sunday of the month.
2. We will **have 10kg bags of spray-free Kennebec potatoes** for sale at \$10 / bag while stocks last (provided by the wonderful Linley Woodcock).
3. What products do you like to use at home and how do you use them? We would like to get more input on **your needs** and **product ideas** for the co-op!
4. Please remember: **Prepack orders** MUST be in by **MONDAY NOON** if you want to collect them on Tuesday
5. **Jill's hours** are usually Monday – Wednesday. You may have to wait for a response if you contact her later in the week (text if it can't wait). **Deva**, our new assistant co-ordinator, is only on site Monday/Tuesday.

Documents and Downloads:

Find our current pricelist, order forms and up to date stock info [here](#) on our website.

Location and Opening Hours:

540 Old Forcett Road, Dodges Ferry (in the community garden)

Open Tuesdays 2pm-5pm and Sundays 9.30am-12noon (10.00am-12noon July-September)

We also open on garden tucker days every first Monday of the month from 12.00noon-2pm.

Contact:

Jill Vaughan (co-op coordinator)

Ph: 0439 411 440

Deva O'Wheel (assistant coordinator)

Ph: 0402 228 321

Nat Siggins (House Manager)

Ph: (03) 6265 7016



6. Attached is our **current price list and order form**. If you find the order form too complex to use, just send us an email with a list of what you want. But remember to have enough credits in the bank if you are not paying on collection. Also, see the attached minutes from our subcommittee meeting on 28th May.
7. Wanted!!! Your favourite **Bliss Ball** or easy **healthful slice** recipe for use in co-op promotions and food events.
8. We are looking for a new **peanut butter monitor**. This involves taking nuts and jars to fill using the Dunalley co-op's machine, the labelling and returning them to the co-op. We also need more helpers to **bottle tahini and honey** for the co-op, usually only every 6-8 weeks in the community house kitchen. Please contact us if you're interested!
9. Don't forget that we share in the **Garden Tucker lunch** on the first Monday of each month. **Lunch** is provided between **11AM – 1PM** and the **co-op is open for sales from 12-2 PM**.
10. Here's our special **Winter Warmer Turmeric Porridge recipe** to get you through the cold season:
 - Melt about 1 Tblspn coconut oil in saucepan.
 - Fry a couple of points of a star anise, one cracked cardamom pod and a small piece of cinnamon stick (OR use some ground mixed spice) and about 1/3 tspn ground turmeric.
 - Toss in some desiccated coconut and oats (or your chosen flake) and toast a bit.
 - Add liquid – either all water or a mix of your chosen milk and water.
 - Cook as for porridge. Add some dried fruit if liked.
 - Serve with a little more milk/cream, some LSA or toasted seeds or banana and yogurt and a splash of maple syrup.



Feedback:

We would love to hear from you about any comments and wishes! If you have any product preferences, you know about possible suppliers, have enquiries about events, your membership or just want to make general comments on the shop,

Please feel free to talk to Jill, our cashiers, or send an email to:

okines.food.coop@gmail.com

We thank you all for supporting the Okines Food Co-op and hope you have a joyful start into the cold season!