



Newsletter - September 2018

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

1. **New stock:** Okines Chai and Golden Mylk Spice Mix, sesame oil, bamboo toothbrushes, psyllium husks, oats, millet grains, sesame oil
2. Info on **Southern Wild** orders for this month
3. **Helpers needed** for various tasks
4. **Spring and Summer Sunday Morning Tea at the co-op:** new active member role
5. Wanted: Your **Christmas Pudding** recipe
6. Garden Tucker's Special Dessert: **Spiced Rice Pudding**

1. We've got a fresh new stock of...

- **Enviro bamboo toothbrushes** : An alternative to plastic! The toothbrushes are different sizes for adults and children with a handle made **from environmentally sustainable and biodegradable bamboo**.
- **Psyllium husks, organic**
- **Okines Chai Spice Mix**
- **Golden Mylk Spice Mix** (Ayurvedic drink with turmeric)
- **millet grains , conventional**
- **rolled oats, conventional (cheaper)**
- **sesame oil, organic**

2. **Southern Wild** have opened their ordering for the month of September. They are offering **tasty ferments from organic Tassie grown ingredients**.

How to order: To buy their fermented foods please fill out the following order form <https://goo.gl/forms/g32etbnoE2aYZgf32>

When to order: This month's order deadline is midnight Friday **September 7th**.

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



How to Pay: You can pay for your order when you pick it up at the Co-op.

Delivery Schedule: They will now deliver on the second Tuesday of the month. This month **it's Tuesday September 11th.**

For more info about Southern Wild check them out online:

<https://southernwild.com.au/>

<https://www.instagram.com/southernwild/>

<https://www.facebook.com/southern.wild.food/>

3. We have a couple of exciting events happening in September that you can get involved in:

Open Garden in conjunction with Blooming Tasmania

- **Monday Sept 17th** Open Garden and Compost workshop – Co-op to sell morning tea – need food left ready by 10am or come and help cook at Okines.
- **Monday Sept 24th** Open Garden – probably smaller attendance – another morning tea - same request.

Wednesday Sept 19th Story Telling Evening 5.30pm – make treats (e.g. bliss balls, slices etc.) to follow Garden pizzas - leave at house on the day or day before.

- 4.** Starting in **October**, we would like to offer **morning tea at our co-op** to promote our ingredients and create a welcoming space for everyone dropping by. For this we need a couple of **NEW ACTIVE members** to manage cooking and presenting a **morning tea during opening hours 10-12** on the **last Sunday of the month** (starting in October). If you're interested, please contact us!
- 5.** We are searching for your favourite **Christmas Pudding recipes** - traditional and gluten free to use for our ready made packs **for sale in October.**

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



6. Garden Tuckers' Special Dessert: Spiced Rice Pudding

Ingredients:

- 4 cups milk of your choice
- 2 strips lemon or orange peel
- 2/3 cup Arborio rice, short grain-rice or grain/seed of your choice (eg millet quinoa) - adjust milk quantity if necessary
- 1/3 cup dried fruit of your choice
- 2 tbsp sugar
- Spices: 1 cinnamon stick, 4 cardamon pods, 1 star anise
- Toasted chopped nuts (eg almond /pinenuts) or seeds (eg pepitas/sunflower) to serve

Method:

- Step 1 Combine milk, spices and peel in a medium saucepan. Bring mixture to a simmer and add the rice.
- Step 2 Stir and cook partially covered over low heat, stirring occasionally for 20-25 mins until the rice is tender and creamy. Add the fruit after for last 5-10 mins of cooking
- Step 3 Add the sugar to taste and stir through. Alternatively add less sugar and serve with a drizzle of maple syrup. Spoon into bowls and sprinkle with nuts to serve.

We thank you all for supporting the Okines Food Co-op and hope you are enjoying the start of spring!

