



## Newsletter – November 2018

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

1. New products: glace cherries and ginger, mixed peel and lemon pepper – get ready for Christmas baking and Barbecues!
2. Subcommittee meeting on 14<sup>th</sup> November – everybody's welcome!
3. Garden Tucker on Monday 5<sup>th</sup> – come along for a lunch in the garden
4. Put down your special Christmas orders now
5. Southern Wild Ferments Orders for November
6. Our wholesome Christmas Pudding recipe for you

1. We have a new stock of **glace cherries and ginger and mixed peel** for you cakes and puddings ready in our shop. Also find new zesty **lemon pepper** for your barbeques.
2. Our next **subcommittee meeting** is on **November 14<sup>th</sup> at 7.30 PM** in the Community House. We will talk about co-op ideas for the upcoming Twilight Fair on Thursday, 20<sup>th</sup> December (4-8PM). All ideas welcome for raising profile and funds for co-op!
3. It's **Garden Tucker Day on Monday 5<sup>th</sup>** – come to the garden for a delicious lunch created by the Okines Garden and Co-op. We will welcome the new Community Gardener, Sonja, and say happy birthday to Tony who has returned for the summer.
4. If you are already planning for your Christmas baking and cooking, please get any **special season orders** in for us asap.
5. **Southern Wild** have opened their ordering for the month of **November**. Here's the **order form**:  
<https://goo.gl/forms/17v7RvTvZbqjegOW2>  
This month's **order deadline** is **Friday 9th** and **delivery day** is **Tuesday 13th November**.

### 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:

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6. This Totally Messed-With **Christmas Cake** is a winner for the festive season! Unlike traditional Christmas cakes that are chock full of dried fruit and sugar, this cake has **wholesome ingredients and lots of Christmas spices**.



**Makes 16 servings . Preparation time: 20 min, Cooking: 1hr 40 min**

#### **Ingredients**

- 2 cups gluten-free self-raising flour
- 1 cup shredded coconut
- 1 cup almond meal
- 1/4 cup raw cacao powder
- 1 teaspoon baking powder
- 2 teaspoons cinnamon, ground
- 2 teaspoons ginger, dried
- 2 teaspoons cardamom, ground
- 1/2 teaspoon cloves, ground
- 1 medium orange, zested
- 1 cup walnuts, chopped
- 100 g 85–90% dark chocolate, coarsely chopped
- 200 g unsalted butter, cubed
- 1/2 cup rice malt syrup
- 4 eggs
- 2 tablespoons brandy
- 2 cups beetroot, grated
- 1/2 cup almonds, blanched (optional)

#### **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](mailto:okines.food.coop@gmail.com)**

### Directions:

1. Preheat the oven to 160°C/325°F/Gas Mark 3 and grease a 20cm spring-form cake tin.
2. In a large bowl combine the flour, coconut, almond meal, cacao powder, baking powder, spices and zest. Stir in the walnuts and chocolate.
3. Melt the butter and rice malt syrup in a small saucepan over a medium heat (or in the microwave). Cool slightly.
4. Break the eggs into a separate bowl and whisk. Stir in the brandy, then whisk in the melted butter and rice malt syrup.
5. Pour the wet ingredients into the dry ingredients. Add the beetroot and stir well. Transfer the mixture to the prepared tin and smooth the top. Decorate with blanched almonds (if using). Cover the tin with foil and bake for 1 hour and 15 minutes.
6. Remove the foil and cook for a further 15–25 minutes until a skewer inserted in the centre comes out clean. Allow the cake to cool for 20 minutes before removing it from a tin. This cake can be served warm or cool.

### Storage warning:

As this cake does not contain the usual loads of sugar and alcohol working as preservatives in traditional Christmas Cakes, it will not last as long. Store it in an airtight container and it should keep for up to a week. Or freeze it for up to 2 months.

- Recipe by Sarah Wilson -

We thank you all for supporting the Okines Food Co-op and hope you are enjoying the run-up to Christmas!

