



Newsletter April 2019

The Okines Food Co-Op What's happening this month?

New stock: Organic chocolate raspberry liquorice!

THANKYOU to all members who have paid their annual membership fee, if you are one of the few that still hasn't, please do so when you next shop. Or, you can deposit direct into the co-op bank account. Please check that we still have your correct contact details too.

Needed for the co-op: more CASHIERS for Tuesday or Sunday over winter.

Don't forget that if there is a product we don't stock that you would like, just let us know and we can order it for you. You need to get 3kg or more to get best price.

Marisol from **Green Greens Microgreens** is offering co-op members to grow Microgreens by order.

·This month she is producing \$5 punnets (600ml) of daikon, peas, and salad mix of daikon and peas.

Place your order by Sunday via email through our *contact us* page <https://thechangemakers.com.au/contact-us> and she will deliver them to the food co-op two weeks after, also on a Sunday at 9:30 am.

·Seeds are certified organic, grown locally in soil; spray free, with organic compost, packaged in compostable corn-based punnets, and harvest is the same day of delivery.

·The microgreens will last a full week if stored in the fridge.

· Get in touch with her if you have questions, feedback, or just want to know more.

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 are closing on the 16 April and reopen on the 28 April!

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



PRODUCT SPOTLIGHT – CLEAN CONSCIENCE – natural cleaning products made locally. Have you switched to our tried and tested brand of cleaning products yet? If so, have you told everyone you know about how wonderful and effective they are? Check out the products at

<https://www.cleanconscience.com.au/>

What's available from the co-op?

Air Freshener – Lemon Myrtle

Multi-Purpose Spray

Bathroom Cleaner

Dishwashing liquid

Cream Cleanser

Best thing of all, once you have purchased a bottle of the above product you can refill anytime.

Or try making your own at home with simple ingredients like bi-carb soda &/or vinegar and adding your favourite essential oil.

Our Ingredients

Clean Conscience cleaning products are made from quality basic ingredients such as Bicarb-soda, castile soap, vinegar, soap nuts and 100% pure essential oils.

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**

