

DONATE TO OUR MEMBER CARE ACCOUNT - SURVEY FINISHING SOON - APRIL SPECIALS!

MEET CO-OP MEMBER AND PRODUCER

JOSHUA SWEENEY

Recently Joshua visited the Co-op, sharing his passion and talking to people about his products, made nearby in the Mary Valley.



“The Maple St Co-op is a rare gem for the local community. These days, many health food stores get caught up capitalising on trends and products which maximise profits. To have such a healthy member-owned Co-op supporting the local community is a win/win for local growers and producers too.

Herbs and mushrooms are close to my heart as they have played a huge role in helping me not only heal from adrenal fatigue but also support my vitality. I have been working with adaptogens for about 6 years, and frustrated with inferior quality herbal extracts, I started sourcing my own and we opened our own licensed facility here on the Sunshine Coast.

I'm keen to share what makes our products so special. Firstly quality. All ingredients are Certified Organic except for sea salt and Shilajit which are naturally occurring and cannot be certified. We are strict with our analysis of heavy metals and pesticides. We can guarantee exactly how much of the beneficial compounds are in all our extract ingredients. Anyone can grow mushrooms under lights and make a 10:1 extract in a Miron jar. But what are you getting?

Which brings me on to ethics, and our focus on transparency. We insist on real food grown naturally in connection with Di Tao and Ayurvedic principles. Our cacao is sustainably sourced from heirloom trees in Peruvian rainforests. Our Rhodiola is sustainably cultivated in a mountain region of Tibet, (wild Rhodiola is now endangered).

Our Daily Functional range aims to boost vitality, cellular function and energy while supporting the nervous system and lowering inflammation. Sacramental Cacao, our other range is Certified Organic cacao paste kibbled locally for ease of use.”

Made in the Hinterland, by Joshua. Absolutely nothing added that doesn't nourish the body, so delicious!

CO-OP MEMBERS SCORE AN ENTRY TO THE MONTHLY MEMBERS' DRAW FOR EVERY PRODUCT SOLD. THIS MONTH'S WINNER IS JENNY HORN!

So much more than a health food store

WARMING TO GINGER

BY
CO-OP NATUROPATH,
PASCALE RICHY



With a medicinal history of over 2,500 years, ginger is characterised as a “hot and spicy” botanical that boasts many health benefits, as well as a powerful flavour for gastronomic pleasure. Traditionally it was said to be beneficial for not only colds, headaches, nausea, and rheumatism but also to warm the body, treat cold extremities, improve weak and tardy pulse, address a pale complexion, and strengthen the body after blood loss.

Ginger contains several pungent constituents and active compounds, primarily gingerols that can be converted to shogaols, zingerone and paradol. Ginger oil is high in a sesquiterpene hydrocarbon known as zingiberene. Together these confer aromatic, spasmolytic, carminative, and absorbent mechanisms of action that enable the digestive and anti-nausea benefits of the ginger. Specific pharmacological activities of gingerols include antipyretic, analgesic, antitussive, hypotensive and anti-inflammatory effects. This highlights its medicinal value and protective effects with symptoms and conditions such as colds, indigestion and heartburn, menstrual pain

and cramping, poor blood circulation, motion sickness, inflammatory conditions, osteoarthritis, high blood pressure, nausea and vomiting in pregnancy. Furthermore, modern research into gastrointestinal disease recognises the importance of ginger as a stimulant of the ‘migrating motor complex’ (MMC), essential for postprandial “sweeping” and clearing of the small intestine to prevent bacterial overgrowth resulting in digestive compromise and distress.

Additional benefits of ginger are its high antioxidant, magnesium, potassium, and fibre content. The low carbohydrate content of pure, fresh and dried ginger makes it a low glycaemic food and suitable for people suffering from diabetes.

How to consume:

- Infused as tea on its own or as part of spice mix, such as chai.
- Seasoning for soups, dahl/curries, stir-fries, salad dressings
- Added to beverages such as juices and smoothies
- Cakes, cookies, and sweets (maintain the low glycaemic value by using sweeteners such as xylitol, erythritol and stevia)
- Typical dosage is 1 to 4g daily

Pascale is one of our in-store naturopaths. Her practice is on Coral Street, Maleny

The content of this article is the opinion of the writer, is for educational purposes only and is not intended as a substitute for individual healthcare advice. Please consult your friendly local naturopath, herbalist or other health care practitioner for personalised advice, particularly if you have a diagnosed medical condition or take pharmaceutical medications or any supplement

GINGER-BEET-APPLE-CELERY AND TURMERIC JUICE FROM NATUROPATH, PASCALE



Gather your fresh produce for this simple yet nourishing, tasty drink recommended by Pascale.

INGREDIENTS

- ½ large beet or 1 small one
- 1 stalk celery
- ½ lemon
- ½ apple
- 1 inch chunk fresh ginger
- 1 inch chunk fresh turmeric
- 4 oz. purified water
- Optional: several sprigs fresh coriander/cilantro.

DIRECTIONS

1. Juice the first five ingredients.
2. Add water to dilute fruit juice

*** Note: Beet juice acts as a natural laxative. Ginger and turmeric makes the laxative effect stronger, and also add to the anti-inflammatory actions of this blend. Juice only about ½ beet per day if you've never tried beet juice and check the effect it has on you before drink larger quantities.

NEWS

MEMBER CARE ACCOUNT

If you'd like to contribute to this account, please ask next time you are in the Co-op. Its availability has been very appreciated by several families. It was established to support members experiencing short-term financial hardship.

WE WANT YOUR OPINIONS

What do you want your Co-op to be? What improvements can you suggest?

Every two years we send out a survey to our owner-members to help us decide on Board strategy, services and direction. Please respond now - it's important to us.

<https://www.surveymonkey.com/r/NMC2C97>

SAVE THE DATE TUESDAY 7 MAY 9AM

Book now for a 2-hour pruning workshop with Sophie, (Sophie's Seedlings). Learn how to avoid common mistakes and keep your plants in peak condition! \$20 and FREE for members Bookings essential (insurance cover). Email Fi, assistantmanager@maplestreet.coop

OUR MARCH MEMBER DRAW WINNER!

The Co-op supported the Maleny Film Festival and as part of this, festival passes were the prize in our monthly member draw.



Pia Buick was the lucky winner. Speaking about the Co-op she told us "I've loved that place since I came here in 1988"

APRIL SPECIALS - A TASTE OF ASIA!

15% OFF. MEMBERS RECEIVE A
FURTHER 5% OFF THE
DISCOUNTED PRICE!

OODLES OF NOODLES BY NUTRITIONIST CHOICE



These Certified Organic noodles are a great-tasting base for all your Asian dishes.

Convenient and versatile they can be mixed into

soups, salads, stir-fries or used in place of pasta, easily absorbing all those great flavours. These noodles are 100% natural with no tapioca flour or corn starch added. Oh, and they all happen to be gluten-free!

CERES SUSHI RICE

This Japanese-style short grain polished rice is cultivated for its 'sticky' texture, giving it the unique ability to bind together. It forms the backbone of various sushi dishes, including sushi rolls, balls, and bowls.

ORGANIC PICKLED SUSHI GINGER

Sustainably farmed, these sheer, delicate slices of ginger contain no artificial dyes, sweeteners, or preservatives. By The Ginger People.

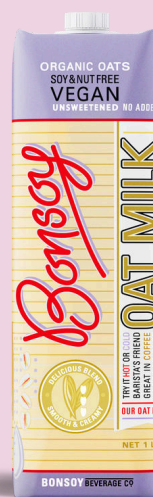


MISO BY SPIRAL ORGANICS



Miso is a must-have for all keen cooks and folks looking for good gut health. Add to your soups and casseroles for a rounded umami flavour or spread lightly on toast for an alternative to Everymite /Vegemite. Being fermented, it contains beneficial bacteria and is also a useful source of vitamins B, E, K, and folic acid

INTRODUCTORY OFFER \$3.99 THROUGHOUT APRIL BONSOY OAT MILK



This new lactose-free milk is great heated up for a warming chai or cocoa and all other recipes where milk is called for. Considered to be one of the more earth-friendly vegan milks, this one is also organic, unsweetened, smooth, and creamy.

Keeps well in the pantry so stock up during April! 1L carton
Recommended Retail Price \$4.50

NEW!



- Beech-Smoked Bacon from locals Nick and Bridie Holliday's Belvedere Farm. They use regenerative farming techniques.
- The Byron Bay Bone Broth Co. Award-winning, Certified Organic Beef and Chicken Broths
- Farro Pizza and Pasta. You've perhaps tried their delicious spelt pizzas in our freezer section – now try their pre-sauced pizza bases. Try their spelt pasta for a fast meal.
- Natural Superfoods & Co. Moringa. Already available in capsules, we now have the Moringa Powder from this Australian company
- Healthboss Organic Shilajit. Our loose Shilajit has been flying off the shelves. Now available in capsules. Shilajit is considered to be a strong antioxidant, and anti-inflammatory. Rich in fulvic acid
- Marilyn's Natural Therapies Gumbi Gumbi, a native plant supplement. 50 capsules



- Eumundi Medicine Man's Spike Detox. Created from high potency Nattokinase, Japanese Knotweed, black seed extract, ginger and selenium. 60 capsules
- Singing Dog Vanilla products are back! Vanilla Bean Paste and alcohol-free Vanilla Bean Extracts. Fair Trade and organic
- Alan Sutton Colloidal Silver Cream – now scented!
- Weleda Perineum Massage Oil. Designed to prepare the skin's elasticity for childbirth
- Nuffin Dips. Capsicum & Onion, Feta & Cracked Pepper, Hommus and Tzatziki Preservative-free, made in Australia and comes in paper-based packaging
- Red Clipper Australian Chilli Co. Jalapeno Hot Sauce with green tomato and coriander. Mild
- Untamed Health Earth Friendly Sprouting Seed. Non-GMO Peas (Blue) and Buckwheat. Try the new Microgreens Grow Kits in three types, Broccoli, Alfalfa and Radish, each produce different sized sprouts



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