



JULY 2021

CO-OP NEWS

ANNUAL MEMBERSHIP STAYING AT A LOW \$11 - RENEW IN-STORE!

MEET THE BAKERS

CRYSTAL WATERS WOODFIRED BAKERY

Bernard and Chiya have been bakers at Crystal Waters for over two years now, having taken over from Les who is a long-time friend of the Co-op.” It was a dream come true” Bernard recalls. When they saw the wood-fired bakery they knew they had a winning combination; the wood-fired bread oven and the 19 year-old sourdough mother making for a uniquely flavoured bread. “ It takes 3 days to make each loaf ready for the oven.” Bernard tells us.

It’s a family business with Chiya focussing on the croissants and danishes. “It took us 2 years to find just the right French butter” she says.

“ We use 30-40 kilos a month. Our Japanese and French heritage is strong on food excellence, cleanliness and a passion for quality. Even before we bought the bakery we were buying 9 loaves a week from Les” Previously Bernard had opened Australia’s first organic bakery in Noosa’s Hastings Street, and before that had trained in the French tradition under a Master Baker in New Caledonia.



Bernard and Chiya are passionate about their work and only produce small quantities to maintain the quality. “ I want to keep the quality high” Bernard explains, “and I want to keep the price reasonable. I don’t want our bread to be only for the rich person”.

Only a year into their new venture, Covid hit, closing the markets. “We are very grateful the Maple Street Co-op stayed open throughout the lockdown, it meant our business survived. Thank you for that. Thank you to our customers for the community support too”

**FRESH TO THE CO-OP EACH SATURDAY.
ORDERS WELCOME!**

So much more than a health food store

Plastic-Free July



The Maple Street Co-op aims to cut waste and plastic throughout the year. However July is world Plastic-Free month, raising awareness of what each of us can do to swap plastic for other solutions. Why not try bringing your own bottle to fill with our local olive oil, our tamari or shampoo or laundry liquid? Or fill your own jar with our local honey, freshly ground nut butters or tamari? Bring your own bag for freshly ground coffee, nuts and grains from our bulk pantry area. And our cellophane wrapping is compostable within a couple of months. Who knew?! More ideas at www.plasticfreejuly.org

VISITORS WELCOME!

Around 20 Maleny Visitor Information Centre volunteers came along recently for a 'famil' to check out what the Co-op has to offer for our tourists. Business Manager, Peter Pamment gave them a brief overview of the 42-year Co-op history, what we have on offer and how we operate for our members and producers.

Many of the group joined or re-joined that day and we'll look forward to welcoming them back as customers.



MALENY FORUMS & MAPLE STREET CO-OPERATIVE
INVITE YOU TO A COMMUNITY FORUM

REDUCE, REUSE, RECYCLE AND REPAIR

MONDAY
19 JULY
5 TO 7 PM

Verandah Room,
Maleny Community Center

*What are we doing now and
how can we do it better?*



The forum aims to identify what is already being done in Maleny including recycling paper, hard and soft plastics, cans, bottles, food waste, garden waste, and repairing reusable items, by whom and where and to discuss and explore ideas about how to bring this effort together to have a greater impact.

Community organisations, schools and businesses are invited to attend. Please come prepared with information on who you are, what you do regarding reduce, reuse, recycle and repair and where you do it.

Register at Humanitix or via QR code.



YOU ASKED...

How do I store my organic fruit and veggies....?

Typically Australian conventional fruit and vegetables are designed to travel huge distances and be stored for months before reaching your table.

Our produce at the Co-op is different. Seasonal, organic, local and heirloom produce is typically tastier and not designed for long-term storage. You'll notice that our tomatoes are less crunchy and much tastier. We don't have large cool rooms, everything comes straight from our suppliers and growers, getting onto our shelves fast. Our turnover is high too.

Our locally-made wax wraps are also a great way to keep fruit and veg from drying out in your crisper. Reducing plastic waste too!

Produce	Storage	Time
Apples	Fridge (loose, not in bag)	up to 1 month
Artichokes	Fridge, in a bag	1-2 weeks
Asparagus	Fridge, in a jar of water	3-4 days
Avocados	Fridge, pit intact in a bag	3-4 days
Bananas	Counter	2 days
Berries	Covered in the fridge.	1-2 days
Broccoli	Fridge, bag in the crisper	4-7 days
Carrots	Fridge, take tops off	2 weeks
Celery	Fridge, wrapped	1-2 weeks
Citrus	Room temperature	1-2 weeks
Cucumber	Fridge, bag in the crisper	4-5 days
Eggplant	Cool, dry, dark place	3-4 days
Garlic	Unpeeled - cool, dry, dark place; peeled - container in fridge or freezer	Unpeeled months Peeled - weeks
Ginger	Fridge for up to 2 weeks, then freeze	Frozen - 2 months
Grapes	Fridge, in a bag	1 week
Beans & Peas	Fridge, in bag or container	3-5 days
Greens & Leaves	Fridge, bag in the crisper	1-2 weeks
Herbs (fresh)	Fridge, in a jar of water	1 week
Mushrooms	Cool, dry dark place in a bag	2-3 days
Onions	Cool, dry dark place	2 months
Pears	Counter til ripe -then fridge	3-4 days
Capsicum	Fridge, bag in the crisper	4-5 days
Potatoes	Cool, dry dark place	1-2 weeks
Radishes, Turnips	Fridge, leave greens on	1-2 weeks
Tomatoes	Counter, uncovered; fridge if very ripe	2-3 days



Our specials this month have plenty of plastic-free swaps to help you reduce waste



MAPLE STREET CO-OP

So much more than a health food store

Reducing waste **JULY SPECIALS** **SUPPORTING PLASTIC-FREE JULY**

- The Australian Natural Soap Company Shampoo Bar (Oily, Sensitive, Dry) ~~\$12.95~~ **Special \$11.65**
- Stainless Steel Pegs 304 grade 20 pack ~~\$22.95~~ **Special \$19.95**
- Cheeki Stainless Steel Drinking Straws with brush and bag ~ ~~\$16.95~~ **Special \$14.95**
- Cardia Compostable Bin liners ~ ~~\$8.95~~ **Special \$7.95**
- No-Pong Deodorant (Original, Bicarb-free and Spicy Chai) ~ ~~\$9.95~~ **Special \$8.95**
- Pelvi Menstrual Cup ~ ~~\$26.95~~ **Special \$23.95**
- If You Care Paper Lunch Bags ~ ~~\$8.95~~ **Special \$7.95**
- Best of the Bone (concentrate) ~ ~~\$29.95~~ **Special \$26.95**



37 Maple Street, Maleny
www.maplestreet.coop

LAST MONTH'S PRIZE DRAW WINNER!

Each member spending over \$50 on any day in the Co-op goes into the draw.

Our June winner is James Mansfield !

NEW PRODUCTS IN JULY

Shhhh! The team are going bananas for...well...chocolate-coated banana bites. Find them on the display just inside the door. If we haven't eaten them all!

Life is better too for our gluten-free members -Look for Britt's GF Apple Pie in freezer and a gorgeous new range of Melinda's GF cake mixes in their distinctive pink boxes.



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