



Maple Street Co-op Newsletter January 2019

Up-coming in store demonstrations



What: The Bearded Farmer & Beekeepers Wife – Taste testing of locally made tonics.

When: Saturday 26th January

10:30am - 12:30pm

Maple Street Co-op Monthly Raffle



Spend \$50 or more in store for entry into this month's raffle. There is a 28cm Neoflam frying pan to be won! Valued at \$96.95.

Maple Street Co-op Membership



Just a reminder that we're a member-based co-operative. Members receive a 5% discount and have the opportunity to vote at our Annual General Meeting. During the months of January to March, the subscription fee is discounted from \$25 to \$12.

NEW SEASON PRODUCE



Grapes are back and better than ever! Both red and green seedless are now available. Local organic limes are also in. Limes are great source of magnesium & potassium and can aid in digestion.



Maple Street Co-op

New Products

Raww Cosmetics



Superfood infused, Australian made & owned, natural ingredients, 100% cruelty free and certified vegan! No parabens, no Talc, no Bismuth Oxychloride, no nanoparticles, no to animal testing, no synthetic fragrance, no chemicals, no LSL or SLES, no Sulphates and no Petrochemicals.



Peace Love & Vegetables

This smoking hot chilli super-kraut challenges your taste buds to a journey of rich addictiveness. Subtly sweet with juicy tomato and garlic, this intensely sensational Smoked Chilli Superkraut is a hot topic!



Natural Zinc Surf Mud

This hydrating, sweat resistant formulation for the face and body protects the skin from the harsh conditions faced by surfers and sun lovers. High protection while avoiding chemical UV filters.



Eco Tan Hempitan

World's first organic hemp body tanning water! Hempitan is a certified organic body tanning water that delivers a long-lasting dark tan and contains hemp seed extract known for its phenomenal skin moisturising properties.



Maple Street Co-op Recipe of the Month



CLEANSE & DETOX SMOOTHIE DAIRY, SUGAR & GLUTEN FREE

Ingredients

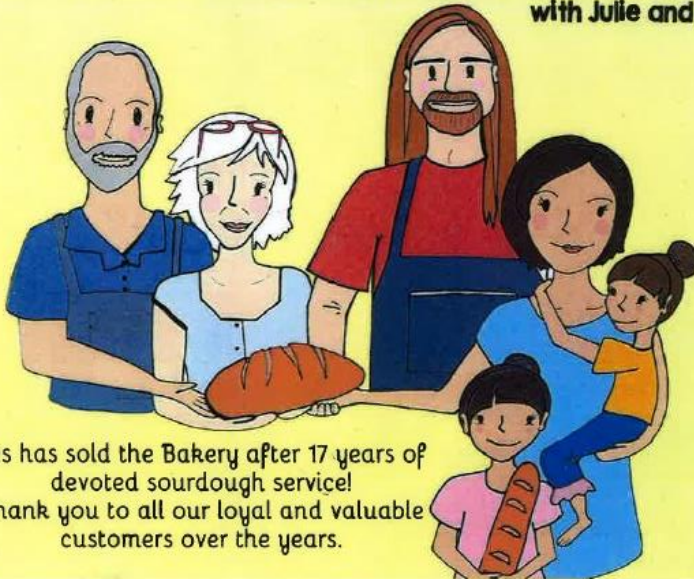
- 1 organic apple cored (green preferred)
- 1 cup organic spinach
- 1 stalk organic celery
- 1/2 organic cucumber
- 1/2 cup organic almond milk unsweetened
- 1 tablespoon organic linseed
- juice of 1 organic lemon
- 1 1/2 cup ice
- 2 drops liquid lemon stevia or plain

Instructions

1. Blend all ingredients in high powdered blender until smooth.
2. Taste and adjust sweetener if needed.
3. Makes 700ml.

Crystal Waters Bakery has NEW OWNERS

Introducing Bernard & Chiya Devos
with Julie and Lio



Les has sold the Bakery after 17 years of devoted sourdough service!
Thank you to all our loyal and valuable customers over the years.

The bakery will be CLOSED from:
13th January - 30th January
whilst the oven is rebuilt.
Bread will be available again (if all goes well!):
2nd of February.

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