

CO-OP NEWS

MARCH 2019



* UPCOMING IN-STORE DEMONSTRATIONS *



Friday 8 March 10am-12pm

Electropops

Electropops are a healthy alternative natural ice block filled with natural electrolytes. In four fabulous flavours, Electropops are made from real fruit juices – not concentrates – have no added sugar, gluten free and dairy free. They use monk fruit juice as a natural sweetener.



Sat 23 March, 9am-late

Tom Murray Jams & Relishes

Original handmade creations made in Brisbane. Proudly supporting local Aussie farmers by using top quality produce to make every jar.



* MONTHLY RAFFLE



Spend \$50 or more in store for entry into this month's raffle. There is a great Eco Minerals make-up pack to be won!

* NEW PRODUCTS



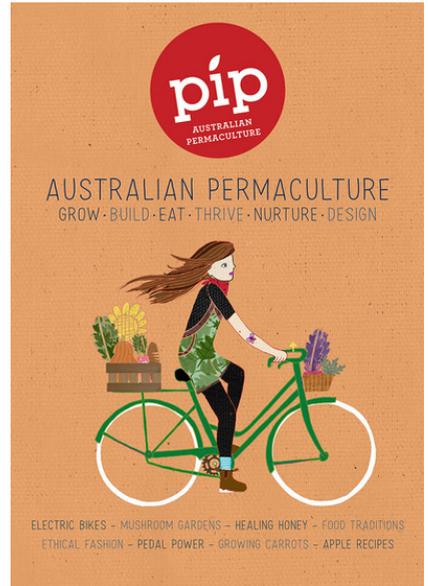
Kester Black nail polish

We are now stocking Kester Black nail polishes and water-based nail polish remover. Australia's most ethical beauty brand. These beauties are '10-free' which means they strip out ten of the nastiest nasties that are commonly found in standard nail polishes. Cruelty free, palm oil free and vegan!



Maleny Black Angus Beef

A farming family living in Maleny offering you delicious, affordable 100% grass fed beef. We are stocking their beef mince and sausages in our freezer section.



Pip Permaculture Magazine

In *Issue 13* you can learn all about electric bikes, mushroom gardens, healing honey, food traditions, ethical fashion, pedal power, growing carrots & apple recipes.



Crystal Waters Bakery are back in action...

...and now delivering bread on Saturdays AND Wednesdays!
You can pre-order your bread in store so you don't miss out.

* THIS MONTH'S RECIPE



BROCCOLI PESTO PENNE WITH CHILLI & GARLIC

Ingredients

- 150g organic wholewheat penne
- 200g organic broccoli florets
- 30g organic basil
- 15g organic flat-leaf parsley
- 20g roasted chopped hazelnuts
- 3 teaspoons organic olive oil
- 30g vegetarian hard cheese or Parmesan, finely grated, plus extra to serve
- 2 organic garlic cloves, thinly sliced
- 1 large red chilli, sliced into thin rounds

Method

- In a pan of boiling water, cook the pasta following the pack instructions. In another pan of boiling water, blanch the broccoli for 3 minutes, drain and refresh under cold water.
- In a food processor, whizz the broccoli with the basil, parsley, nuts and 1 teaspoon oil, until finely chopped. Add the cheese and 4-5 tablespoons of the pasta cooking water to loosen the pesto, then pulse. Season to taste.
- When the pasta is ready, drain and return to the pan. Add the broccoli pesto and mix through the pasta to coat.
- Heat the remaining oil in a pan, add the garlic and chilli and stir-fry for 1 minute over a high heat, until softened and browning slightly.
- Divide the pasta between 2 serving bowls, and spoon over the garlic and chilli. Serve with a few cheese shavings.

* COOP GARDEN OPEN DAY

Saturday 16 March, 8am-4pm

Join us for an **Open Day**
at the **Maleny Co-op**
Community Garden!



37 Maple St, Maleny

The threat of a cyclone postponed this event last month, so we try again! A half day of friendly family fun - workshops for everyone - 'Bush Critters' and 'Common Scents Organic Gardening' -- plus a free picnic lunch!

A big thanks to Green Harvest and Forest Heart Nursery for their donations to the Co-op Garden.

* KITCHEN TIPS

Giancarlos Pesto is something scrumptious. But what do you do when you've used all the pesto and there's still a smidgen left in the jar – you know that last little bit you can't scrape out? Simple – add vinegar and oil to the jar, shake and – hey pesto! – you have salad dressing.



Speaking of salads – want to add some 'tang' to your salad without the expense of 'salad toppers'? Easy – just add a sprinkle of *Bragg's Nutritional Yeast Seasoning*.



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