maple street CO-OP

co-op NEWS

APR/MAY 2016

The newsletter of the Maple Street Co-op

FREE!

The health benefits of Manuka honey

More products on page 5

www.maplestreetco-op.com

Our mission is to provide our community with healthy, ethical and progressive choices for personal, cultural and planetary wellbeing through the practice and promotion of cooperative principles.

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disclaimer *The views expressed in this publication are those of the individual authors and not necessarily those of the Maple Street Co-op or the Co-op News team.*

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NEW! *Full page advertorial* –
please contact Sammy for details.

DEADLINE FOR THE JUNE ISSUE
(Jun-Jul 2016): April 30

FOR INFO OR TO MAKE A BOOKING:
Phone Sammy on 0498 313 068
or email: ***sammyringer@bigpond.com***

from the editor

Join in, speak up, TAKE PART

You have probably noticed that an iconic Maleny co-operative (the UpFront Club) has ceased operations.*
The issues that led to its demise are too large and far too convoluted to precis here.

In a nutshell – co-operatives are formed to fill a need. They have a ready-made market waiting for their products or services.

Inevitably, markets change.Demo-graphics change. Competition steps in.

Co-operatives often I ack the 'marketing savvy' to reshape themselves to these changes.

The Maple St Co-op (like the Upfront Club) was unique when it was formed. Ironically, its very success spawned a number of imitators.

Through good management, sheer energy and the loyalty of its members, the Co-op has maintained its role as the health food store in the Hinterland.

But there's a harsh truism in business – 'stand still and you go backwards'.
The Maple St Co-op will not stand still – it needs the voices - and the input - of its members (and non-member customers) to shape its future.

How can you help?

- Fill in the survey on the front counter
- Put your hand up for a highly unpaid position on the Co-op's 'marketing and strategy' subcommittee (tea and bikkies included).
- If you're IT-savvy, lend your expertise to the Co-op's On Line Shop initiative.

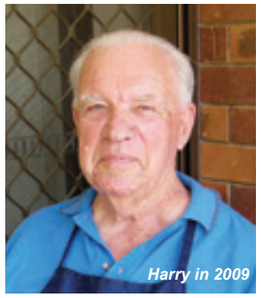
If none of these suit, simply ask for a piece of paper at the front counter and jot down what you'd like to see in the Co-op. And – of course – continue shopping at Maleny's first (and still best) health food store.

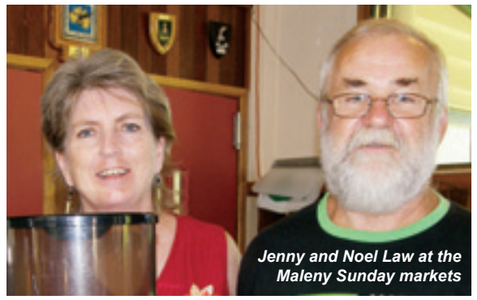
VALE NOEL AND HARRY

Noel Law: passed away suddenly in March – a gentleman, long-time volunteer at the Co-op, Fair Trade crusader and a friend to many. He will be missed.
Harry Whitehouse: long-time Maleny resident and UpFront Club stalwart. We shall miss his cheeky grin, his generous spirit and his very bad jokes.

– Sammy Ringer, editor

** Disclaimer. I am a Board member of both the UpFront Club and the Maple Street Co-op. The views and thoughts put forward in this editorial are my own personal views.*


Harry in 2009


Jenny and Noel Law at the Maleny Sunday markets

AUSTRALIAN
BUSH FLOWER
ESSENCES

Dynamis Essence
Renews enthusiasm and joy for life. It is for those who feel 'not quite right', drained, jaded or not fully recovered from setbacks. 30ml

Woman Essence
Harmonises any emotional imbalances during menstruation and menopause. Restores emotional balance. 30ml

AVAILABLE AT THE CO-OP

Food fads (before they were fads)

1820
Lord Byron popularizes the Vinegar and Water Diet, which entails drinking water mixed with apple cider vinegar.

1925
The Lucky Strike cigarette brand launches the 'Reach for a Lucky instead of a sweet' campaign, capitalizing on nicotine's appetite-suppressing superpowers.

1930S
The Grapefruit Diet—a.k.a. the Hollywood Diet—is born. The popular low-cal plan calls for eating grapefruit with every meal. Will you have fries with that?

Mid-1950S
Urban legend has it that opera singer Maria Callas dropped 65 pounds on the Tapeworm Diet, allegedly by swallowing a parasite-packed pill.

1978
Herman Tarnower MD publishes the Complete Scarsdale Medical Diet. Two years later he is shot by his girlfriend.

1991
Americans go low-fat, eating foods like McDonald's McLean Deluxe burger. Will you have fries with that?

1992
Robert C. Atkins MD publishes Dr. Atkins' New Diet Revolution, a high-protein, low-carb plan. Not shot by his girlfriend, as far as we know.

1995
The Zone Diet, which calls for a specific ratio of carbs, fat and protein at each meal, begins to attract celeb fans.

2000
Gwyneth Paltrow lends cred to the Macrobiotic Diet, a restrictive Japanese plan based on whole grains and veggies.

2006
Beyoncé admits to using the Master Cleanse, a concoction of hot water, lemon juice, maple syrup and cayenne pepper.

I'm still waiting for the 'Just have a balanced diet' craze.

The Aboriginal people ate a huge variety of foodstuffs – from insects to seeds, roots, animals, leaves and even bark.

Today, the fast food eater runs on wheat, sugar, salt, meat and a smattering of greens. If he or she runs at all.

Superfoods
Back in the nineties, **blueberries** launched the superfoods trend.

In the early 2000s, **chia**, **quinoa**, and **chocolate** won 'superfood' status. (Quinoa now rivals cocaine as Bolivia's biggest export.)

These were followed in the late 2000s by **kale** and **seaweed** and super fruits such as the **Acai berry**.

Today – **ancient grains**, **paleo**, **turmeric**, **coconut oil**, **sprouted grains** and **euglena algae** (a microalgae which can be found on pondwater) are all the rage.

Tomorrow? People are forecasting **insects**, **kelp**, **breadfruit**, **Prickly pear cactus** (yes!), **Moringa**, the **super plum**, **flax seed** and **micro greens**.

live foods
café

Plant based whole foods that are 100% gluten-free, dairy-free and GMO-free.

Thursday to Sunday, 10am to 3pm-ish or until sold out

926 Maleny-Montville Road, Maleny. Next to the LIFT Gallery

0439 914 270

BUCHI KOMBUCHA IS BACK AND ON SPECIAL!
We blend only the finest artisanal teas and certified organic local roots, shoots and fruits to create a refreshing fermented beverage that's packed with flavour and goodness.
See page 7

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Mixing it with Monica

by Monica Topliss

THE IDEA FOR MONICA'S MIXES came about by chance a couple of years ago. After the launch of my first book 'Topliss in the Kitchen' back in 2013, I was on the road promoting my book and offering goodies made from recipes in the book. My favourite was demonstrating how to mix and make the black sesame seed wrap. People would watch in awe, then realise how easy it was – then taste and become instantly sold.

Time and again, the question was, "Do you have a ready made mix for that?"

Once I told them they needed to buy the individual ingredients and follow the recipe in the book, it just seemed too hard for many people. That's when I had the light bulb moment of filling that need for busy people. I investigated what was on the market in the way of gluten free mixes and soon realised there was very little in the way of anything nutritious. It is always exciting to discover major gaps in the market, because it leaves the road wide open for me to fill it!

So that is how it all began. I wanted to develop something that was primarily organic and gluten free; however I thought the more boxes I could tick for people with food intolerances, the wider my market would be. So I decided to make them all soy, nut, dairy and egg free with all but one mix, also grain free.

It was a challenge working with a limited array of flours, but also exciting to be working with ingredients I had never used before. Most of the packet mixes available are made up of starches and sugars. It was important for me to develop a base mix that was as nutritious as possible, so I settled on a blend where 70% is made up of gluten free wholemeal flours. This allows for slow absorption and slow release fuel for the body.

The four main flours in Monica's Mixes are all organic sesame flour, green banana flour, coconut flour and golden flax meal. These are all incredibly rich and diverse flours offering many health benefits. I also use a small percentage of organic tapioca flour. Tapioca is a starch, but absolutely necessary in order to get the right density of flour that works. If I was to use 100% wholemeal flours, the mixes would be far too heavy to work successfully. My ingredients panel is very transparent, clean and real.

I am proud to have developed a range that I know is supporting great health and giving people an easy, quick way to eat well. My range includes a gluten free flour blend, a paleo flour blend, a muffin mix, a wrap mix and a pizza crust. Three new additions will be out midyear, and being launched at my stand at this years' gluten free expo in Brisbane 13–15 May. These include a chocolate cake mix, a banana cake mix and an amazing gluten free bread mix that bakes up to perfection in a bread maker.

Head to my website and check out my blog post.

www.monicatopliss.com

Monica shares her black sesame seed wrap at a recent tasting at the Co-op.

PUTTING THE GOODNESS BACK INTO GLUTEN FREE

Change the way you feel about gluten-free food with Monica's Mixes. Fill your life with the staples you may have avoided – breads, pizza, muffins… Monica gives you the food necessary to eat better and the tools to do it yourself.

AVAILABLE AT THE CO-OP

What's new in store...

VENERDI PALEO BREAD

Grain free, dairy free, no added sugar and, of course, gluten free

I'm fussy about my bread and was more than pleasantly surprised when I gave Venerdi's Super Seeded bread a taste test. The loaf felt heavy but the taste was anything but.

Super Seeded contains more seeds than flour and I loved the crunchy nature of the bread and the rich taste of almond and linseed.

It's recommended as a 'toast bread' but I tried my first slice with a quick lick of butter and it was yum (but, yes, it's even better toasted!)

This is a rich wholemeal bread with balanced flavour and a soft texture. Suitable for sweet and savoury toppings, it's a powerful contender for a lower carb lunch, or brunch, or breakfast!

Honey is for *healing*

MGO 100 MANUKA HONEY

Manuka honey is unique and one of the most beneficial forms of honey in the world. There are many Manuka honey uses that range from healing sore throats and digestive illnesses, to curing Staph infections and gingivitis.

For thousands of years honey has been used for medicinal purposes. Not surprising – it is one of nature's richest antimicrobial sources.

Like most things today, not all honeys are created equal and you get what you pay for. Most products at conventional supermarkets are not much different from high fructose corn syrup. To get good honey today, you pretty much have to go to your local health food store, local farm co-op or go online to purchase the real deal.

What makes Manuka honey stand out is its amazing nutritional profile. Regular raw honey is already known for its tremendous nutritional and immune boosting abilities. The nutritional content of Manuka honey is up to 4 times that of normal flower honeys!

STRADBROKE ISLAND JELLY-BUSH HONEY

You want pure honey? Go to an island! 100% Australian owned and operated, Stradbroke Island Honey is pure, unrefined and unheated. Their bees collect honey from a variety of plants across a large area, untouched by the effects of anything that can affect the quality of the nectar and pollen collected. Rated 30+ in Australia.

DERRY-O CHEESE

Organic, Australian made, Australian owned

Derry-O Organic Artisanal Cheese utilises the craftsmanship of skilled Australian cheese makers, lovingly handcrafted in the cool climate of the Adelaide Hills. The result is an absolutely delicious range of cheeses, complex in taste and variety.

Choose from: Organic Camembert, Organic Brie, Organic Creamy Blue, Organic Ploughman's Cheese

NUTTY BRUCE ALMOND & COCONUT MILK

No preservatives, no dairy, no soy, no gluten, no thickeners – just great taste! If you love anything coconut, you will love this.This mix of coconut and almond milk is rich in coconut flavour but you can also taste the subtle almond milk in there too. And as per the promise on the carton, this milk is creamy.

SOUL SATISFACTION CASHEW CHEESE

Paleo, vegan, raw, organic, gluten and dairy free. Rich full taste for those who like their cheese dairy free.

harvesting NATURE'S BOUNTY

GREEN HARVEST IS A FAMILY OWNED AND OPERATED MAIL ORDER BUSINESS FOR ORGANIC GARDENING SUPPLIES, NOW LOCATED IN WITTA, THAT HAS BEEN TRADING SINCE 1992. IT STARTED OUT SIMPLY FROM A DESIRE TO SHARE A PASSION FOR ORGANIC GARDENING AND PERMACULTURE.

We believe we were the first organically-certified seed supplier with BFA- ACO in Australia. We are proud that our website is the most comprehensive source in Australia (and possibly the world) of both organic gardening products and information on organic growing. Our aim is to make it easier to live in healthy, natural homes with a garden full of nutritious, chemical-free vegetables and fruit.

Every July we publish the *Australian Organic Gardening Resource Guide*, containing 48 pages of organic gardening products and hints, free of charge on request – see our website.

The Co-op also carries a range of Green Harvest sprouting seeds, microgreen seeds and Good Bug Mix.

www.greenharvest.com.au

Green Harvest

Organic gardening supplies

helping Australians to grow organically since 1992

Visit our garden shop!

Open Monday–Friday, 9am–5pm (closed weekends)

9 Gumland Drive, Witta QLD 4552

7 minutes west of Maleny along the Maleny-Kenilworth Road, behind Maudy's Bistro

Ph: 1800 681 014

Eat a rainbow

Well documented research demonstrates that we need to eat a wide range of colours to get a diverse range of nutrients. We are not keen on any one 'super food' but instead encourage diversity in the food garden and on the table.

Why plant the same old vegies when your autumn food garden can include the colour, variety and exciting taste of Carrot Colour Mix, Lettuce Mix, Kale Colour Mix, Silverbeet Colour Mix and Salad Mix? Check out the full range of heirloom organic seed varieties.

Citrus season

Every garden needs a citrus tree and our favourite is the Tahitian Lime.

Keep your trees healthy and fruiting abundantly by fertilising in March. The Citrus Care Kit will protect your trees from most citrus pests and the ants farming them. Certified organic Nature's Way Citrus Spray will control leaf miner, scale and aphids. A bit of care now will ensure a harvest of delicious home grown citrus.

Plant strawberries and potatoes now

This is the best time to plant strawberries and potatoes in Queensland and northern NSW. Potatoes and strawberries are available now so if you want to grow these popular and big yielding home crops, this is the time! Available for a limited time only – don't miss out!

Plant a fruiting hedge!

Why have just a hedge when you can eat it too? Wide range to choose from including Strawberry Guava, Feijoa (*pictured*), Acca, Ugni syn. and Chilean Guava.

Leafy greens year round

Rare perennial leaf vegies will keep producing greens right through the year. Green Harvest have a large range of high yield perennial greens including Aibika, Betel leaf, Brazilian and Ceylon Spinach, and some lesser known vegies like Cranberry Hibiscus, Kangkong (*pictured*) and Katuk Sweetleaf, to name a few!

autumn specials

Bioitalia Pasta Sauce

Inspired by traditional Italian recipes – just add pasta and parmesan for a tasty meal.

Now $2.95 (was $4.95)

Special UpFront Club organic blend coffee

A rich mild but complex blend.

Special price while it lasts – just $25/kg

UpFront Club T-shirts

The Co-op has a limited supply of UpFront Club T-shirts. Gone but not forgotten...

$20 each

Buchi Kombucha

Buchi Kombucha is hand crafted and wildly fermented with a symbiotic colony of bacteria and yeast, making it packed-full of powerful probiotics, antioxidants and digestive enzymes.

Everything in Buchi is sourced from local certified organic farmers from the Sunshine Coast. We are a 100% certified organic brewery. Our elixirs (eg. turmeric, ginger, limes, galangal, etc) are all local to the Southeast Queensland region, cold-pressed juiced to maintain their potency and vibrancy and added to our kombucha at the time of bottling.

We are RAW! This means that none of our added ingredients have been heated, maintaining their potency and vibrancy.

$5.85 (WAS $6.50)

Cheap-cheap seeds!

The Co-op often buys in bulk – and passes the savings on to you. Over April and May we have some super specials on some of your favourite seeds.

White quinoa	$11.95 kg – (was $12.95 kg)
Red quinoa	$17.95 kg (was $20.95)
Chia seed	$12.95 kg (was $13.95)

Organic rolled oats

Including oats in your diet provides a wide range of important health benefits.

While they last – $4.25 kg (was $5.95)

ABOUT QUINOA

Quinoa (pronounced *keen-wah*) is a highly nutritious gluten-free grain-like seed. It contains more protein than any of the grains, with a good balance of all 8 essential amino acids, making it a good choice for vegetarians.

Quinoa is also high in fibre and has a low-GI, beneficial for keeping blood sugar levels stable. It is an ideal food for diabetics.

Quinoa is delicious cold tossed through a salad or hot served with a stir-fry, stew or casserole.

EASY BREAKFAST!

Oatmeal with blueberries, sunflower seeds and agave

- 1 serving old-fashioned rolled oats
- 1/2 cup blueberries
- 1 tablespoon sunflower seeds
- 1 tablespoon agave, honey, maple or brown rice syrup

Prepare the oats as you wish (cooked or raw).

Top with the blueberries and sunflower seeds.

Drizzle with the sweet syrup.

ECO minerals

high performance vegan eco cosmetics

The ECO minerals philosophy is simple – we bring you the BEST natural makeup that keeps you and our planet beautiful by using only the most pure ingredients and packaging our products responsibly.

ECO minerals – beauty that loves your skin and our planet!

Maple St Co-op SPECIAL!

Spend $33 on any ECO minerals product and you'll receive a gift with RRP of $22! (This includes mineral foundation SPF 25, mineral bronzer, mineral concealer and mascara.)

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