

NATURAL MOOD ENHANCERS + FARM TOURS + LOTS OF LOCAL LOAVES + COMMUNITY GARDEN

OUR YEAR OF LOCAL MEET THE PRODUCERS YASMIN AT QCAMEL



QCamel is on a 3,000 hectare property in Bells Creek, Glasshouse run by Lauren and Peter Brisbane and their 3 children. It produces the world's only organic camel milk, now available from our Co-op.

Focussing on protecting feral camels from destruction, the Brisbane family adopts whole families and allows the matriarchal groups to stay together and letting the males grow old naturally. The calves are weaned naturally, no camel is forced to milk, they come into the dairy of their own free will. Rather than being ear-tagged, each camel instead knows their name and comes when called. They also form close bonds with their carers.

Yasmin Brisbane tells us, "First and foremost, our camels are loved and cared for at the highest possible standard. Organic guidelines are followed, the camels graze on chemical-free pastures and fed organic supplements. No hormones or antibiotics are involved in the animals' care and holistic, organic healthcare is used wherever possible." She continues "Camel milk has been used for centuries by Nomads and Bedouins for both nutritional and medicinal properties. More recently modern-day science is shedding light on the numerous health benefits it has for humans". The milk has also won agricultural medals at both the Sydney and Queensland shows. "Our camel milk and products are highly sought after – we sell out every week across Queensland, New South Wales and Victoria! We are really proud to be stocking our local Co-op."

A Co-op visit to QCamel is happening on Saturday 2nd September from 10 a.m. Spaces are limited, discounts available for Co-op members.

Book online at rb.gy/4fj02

Any questions please text Fi on 0416057702
More information on QCamel
qcamel.com.au/our-ethics/

So much more than a health food store

BY CO-OP NATUROPATH
MARISSA PATSALOU

PLANT CHEMICALS TO SUPPORT YOUR MOOD



When we think about a healthy mood, we often think about serotonin or meditation and the like. While these can be incredibly important, the mood issue is a little more complex. The one thing in common across mood-regulating biological pathways is nutrients! The field of nutritional psychiatry is growing, and dietary factors are increasingly understood to be key players for mood outcomes.

A high dietary intake of naturally-occurring plant chemicals called polyphenols has been shown to decrease the risk of mood disorders. Research suggests that the potent ability of polyphenols to reduce inflammation consequently reduces 'neuroinflammation', an inflammatory response occurring within the brain.

Inflammation is a major contributor to mood outcomes, and has been shown to:

- reduce neurotransmitter production, impairing neuroplasticity (the brain's capacity to change and form new neural networks),
- increase rates of oxidative damage
- cause resistance for medications such as antidepressants.

Also, within the gut, polyphenols function as prebiotics or food for our beneficial bacteria. Optimising the gut microbiome has a direct effect on mental and brain health by improving neurotransmitter synthesis, hormone signalling, immune function, the absorption of nutrients, gene expression, the stress response, blood glucose regulation, and brain cell growth.

Examples of mood enhancers include;

- resveratrol found in grapes has been shown to stimulate the growth of new brain cells even during natural ageing processes or disease states,
- curcumin found in turmeric has been shown to influence the expression of genes associated with certain mood disorders.

Positive research evidence for polyphenols and their impact on mood is seen in grapes, turmeric, cacao, blueberries, strawberries, walnuts, citrus, green tea, linseeds, soy, coffee beans, cherries, green leafy vegetables, and herbs and spices.

Eat your way to a healthier mood.



*More from Marissa on Instagram (@naturopathy_withmarissa)
This information for educational purposes only and is not intended as a substitute for health care 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.*

AUGUST SPECIALS

15% off.

Members receive a further 5% off the discounted price!

AURELIO PASTA SAUCES



In three flavours, Basilica, Primavera and spicy Arrabiata, these sauces make healthy meals in minutes. Serve straight onto pasta or pizza, or add your own veggies for even more goodness. GF and organic.

SPIRAL PASTA AND PIZZA SAUCES.



Pasta sauces include Funghi, Arrabiata and Basil and Garlic.

The range also includes Pizza /Pasta Sauce, try it on one of our locally made pizza bases from Jeremiah's Crust or The Wonky Loaf. All sauces GF and organic.

CHEEKI STAINLESS STEEL TUMBLERS

In collaboration with WAM - Waste Action Maleny, these Cheeki tumblers are back on special. Say goodbye to plastic smoothie cups this August!



SPIRAL MISO PASTES



Authentic miso pastes naturally fermented in Japan.

Hatcho is the longest fermented miso made with soybean koji, Mugi is a shorter-fermented miso with barley koji, Genmai with brown rice koji and Shiro, a lighter tasting miso with white rice koji. Makes a simple, instant soup or add it to soups and casseroles for a satisfying umami flavour.

OODLES OF NOODLES!



Spiral Organic black, brown and white rice noodles cook in just minutes and are great for light salads, noodle soups and stir-fries. The brown and white rice varieties are new to the Co-op.

Also on special are Organic Udon and Soba noodles - great for slurping from any soup!

YEAR OF LOCAL

BUILD A PEST-RESISTANT SWEET POTATO TOWER

LOCAL FARM VISITS

Join us to celebrate local food!
Discounted tickets available for members.

QCamel, Glasshouse, Saturday 2nd
September 10 am - 12 noon. Book online at
rb.gy/4fj02

Tin Shed Farm in Crohamhurst, Maleny
Saturday 7th October 9.30am - 12 noon.
Caron and Carl will be welcoming us to
their regenerative farm near Maleny. Book
online at tinshedfarm.net/shop/p/maple-street-coop-farm-tour

Belvedere regenerative farm, Cedarton,
Maleny in November. Date to be
announced.

CO-OP GARDEN REUNION



We are having a reunion of folk who have been involved in the Community Garden over the years. The aim is to hear their stories and thank them for their contribution. BYO chair and drinks. Nibbles supplied. Spread the word!
Saturday 26th August from 3pm-5pm
email Fi for details
assistantmanager@maplestreet.coop



Fed-up with varmints chomping your veggies? Sophie will show you how to build a tower to save space in the garden - and keep more veggies for you!

Saturday 12th August, 2pm
FREE for members, \$15 for non-members
Limited spaces - text Fi on 0416057702

OUR DAILY BREAD DELIVERIES

Here are our bread delivery days with (very) approximate times.

Monday 9am: Sol Breads and Walter's Artisan Bread.

Tuesday 9am: Gold Coast Bakery then 2pm Jeremiah's Crust.

Wednesday 9am: Walter's Artisan Bread and Sol Bread, then 9.30am: The Wonky Loaf, 12pm: Gluten-Free seed bread and 2pm: Leavain Bakery.

Thursday 9am: Gold Coast Bakery, then 2pm: Ancient Grains and Jeremiah's Crust. Also Almond Road Bakery.

Friday 9am: Sol Breads.

Saturday 9am: Crystal Waters Bakery.

Venerdi Gluten Free on random days!

Place your order at the counter if you'd like to secure your favourite loaf.

NEW & LOCAL!

BELVEDERE REGENERATIVE-FARMED PORK



Locals Nick and Brydie are passionate about ethical, regenerative farming that takes account of the whole ecosystem - the people, place, water, soil, plants and animals on Jinibara country. Try their delicious pork roasts, you'll find them in the freezer section.

THE WONKY LOAF Welcome to a new range in our Daily Loaf section - The Wonky Loaf breads and treats from this local Sunshine Coast bakery. The 36-hour fermentation makes for sourdough that's easier on digestion. Freshly-baked and delivered on Wednesdays.



MALENY CHOC MELTS



Maleny resident Aleicia has created these indulgent chocolate spoons for your hot chocolate or mocha. Locally handcrafted from organic, natural and ethically-sourced ingredients.

VIBRANT NOURISHMENTS SPREADS AND KETCHUP

Catrin and her team on the Sunshine Coast make delicious plant-based, organic spreads and condiments using locally-sourced produce. Key ingredients are organic sunflower seeds and local Obi Obi olive oil.



P.S. MEMBERS' DRAW The winner of last month's draw is posted in the display box outside the Co-op



Maple Street Co-operative Society Ltd
37 Maple Street, Maleny Qld 4552
Phone: 07 5494 2088

✉ sales@maplestreet.coop
🔍 www.maplestreet.coop
📘 fb.com/maplestreetcoop
📷 [@maplestreetcoop](https://www.instagram.com/maplestreetcoop)