

## Bug Grrr Off

Australian made and owned this repellent doesn't kill insects but provides a barrier. The oil of lemon eucalyptus used is the only natural extract recommended by the World Health Organisation (WHO) to repel mosquitoes. Safe to use from 6 months of age, when pregnant and safe to use on clothing. Recommended by Choice.

This is a vegan product not tested on animals.

**Bug Grrr Off insect repellent \$19.50**

**(Co-op Member Price \$18.63)**



## Bulk Buy To Save In Our New Extended Pantry

We're so excited that even more food, beauty and cleaning products are now available for you in our new pantry area. Great savings can be made on staples such as spices (Cinnamon only \$4.90 for 100g!), certified organic wholemeal flour \$3.50/kg and protein-rich chia seeds \$12.95/kg. Bodycare includes the Biologika organic coconut shampoo and conditioner at \$1.80/100g. Your home care range includes local Kin Kin Eucalyptus and Lemon Myrtle laundry liquid and Abode lavender and mint dishwashing liquid at \$1.00/100g! Members save a further 5%. Self-serve and we're here to help.

## WHY REFILL?

SAVES YOU MONEY  
SAVES FOOD WASTE  
SAVES PACKAGING FROM LANDFILL  
SAVES CARBON EMISSIONS

### January Prize Draw Winner

Every member who spends over \$50 on any day in the shop automatically goes into the draw. Our January winner is Emelia Ebejer who won one of our fabulous Neoflam cookware frypans!

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CO-OP  
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# Co-op NEWS

## February 2021

### Meet the Producers

#### The Johnson Family Obi Obi Olive Oil

Many of you will be loyal fans of our Obi Obi Virgin Olive Oil, grown and pressed only a short distance from Maleny in the Obi Valley by the Johnson family. Sold in bulk, the olive oil is also purchased by visitors in our Co-op reusable jars, making it not only a low food miles addition to the pantry but also a low packaging, refillable option.

Barry Johnson told us 'Our family purchased the property over 45 years ago, it is bordered on three sides by National Park and fed by two creeks. It's a fairly unique spot with its own micro-climate suitable for both temperate and tropical crops. Folks told us that olive trees wouldn't grow around here but we went ahead and planted 1,000 trees. They thrive here along with our plantation of 1,000 green tea plants.' The sustainable approach includes the use of native insects for pest control and livestock for weed control and fertiliser.



Barry's original career was chartered accountancy but the call of the Hinterland saw him set up the property. "I look on the landholder role as a responsibility" says Barry "but there is also an enjoyable side each year when the same group of friends arrive each March to pick the crop by hand. We barbeque and socialise each evening looking over the olive grove." How perfect is that!

Barry has a strong connection to Maleny being a founding member of Barung and is a close friend of the Maple Street Co-op.

**Obi Obi Olive Oil is available exclusively at the Co-op in bulk \$19.95/kg.**

*So much more than a health food store*

## Superb Summer Salads for Good Health and Smart Budgeting from our Naturopath, Pascale Richy



### Potato Salad with Green Beans

Who doesn't love potato salad? Adding green beans to this classic favourite is a way to bolster up the nutrition whilst reducing the weight threatening carbs. Potatoes are high in vitamin B6 and minerals such as potassium. And when cooked and cooled they become a great source of resistant starch, a favourite food of our good gut bugs. Steam potato and beans, add boiled eggs, red onion, capers and garden herbs and top off with a flaxseed oil, mayonnaise and apple cider vinaigrette.

### Thai Coleslaw

With the colours of the rainbow this tasty salad is a great accompaniment to grilled fish or stir fried marinated tofu and is packed full of nature's medicines in the form of phytochemicals such as resveratrol, flavonoids, lutein, quercetin, beta-carotene, zeaxanthin, lycopene and alliin.



### 'Thai Style Slaw'

3 cups thinly sliced wombok (or green cabbage)  
1.5 cups thinly sliced red cabbage  
2 red capsicums, thinly sliced length ways  
1 large carrot, julienned  
2 cups mung bean sprouts  
3 shallots thinly sliced  
½ cup fresh coriander, chopped  
½ cup fresh young kafir lime leaves, finely shredded

### Dressing:

2.5 Tbsp smooth peanut paste  
1.5 Tbsp tamari  
3 Tbsp rice wine vinegar  
3 Tbsp fresh lime juice  
½ tsp xylitol/erythritol  
3 Tbsp extra virgin olive or expeller pressed sesame oil  
1.5 Tbsp fresh ginger, grated  
2-3 cloves garlic crushed

Mix all the salad ingredients together in large bowl. Dress just before serving.

### Our Co-op

*Owned by members, helping locals live their best life for 41 years.*

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**Frozen Pitaya Deep Pink  
Dragon Fruit now \$7.95**

## February Specials Smoothie Time!

**Our specials this month are local Hunny, delicious ginger turmeric tonic drink Jamu, protein-packed hulled hemp seed and frozen Pitaya Deep Pink Dragon Fruit. Stock up for Summer goodness!**

**Hemp Seed Special  
\$27.95/kg  
saving you \$4/kg**



Looking for a protein and vitamin hit? Grab some Australian-grown hulled hemp from our newly extended bulk goods pantry. At \$27.95/kg that's a saving of \$4 this month! At over 30g of protein in every 100g it's an awesome addition to smoothies, salads and your favourite

### Continued... Summer Salads

Zucchini and Walnut Salad. Simply lightly cook zucchini strips (low carb, antioxidant-rich) in olive oil and add to a base of alkalizing salad greens when cooled. Add pan-roasted walnuts (Omega 3 and copper-rich) along with fresh chives and cracked pepper. Top with a dressing of heart-healthy olive oil and lemon, minced garlic, salt and a dollop of chipotle mayonnaise.

In a handy freezer pack, this exotic tropical fruit has a unique and delicious summery flavours of pear/ kiwi. Good for boosting magnesium, iron and fibre.

**Jamu Tonic drink  
Ginger & Turmeric  
now \$12.95  
was \$13.95**



Made on the Sunshine Coast this immune-boosting drink is an ideal pick-me up.

Jamu means "medicinal plants for healing" in ancient Javanese language. Indonesian people have been using herbs and spices for generations and this recipe include curcumin, ginger, lime and a twist of pepper makes a powerful anti-inflammatory and antioxidant combination. Sells at the markets for \$15!



**Raw Hunny from  
Conondale reduced  
to \$12.95/kg  
normally \$13.95**

Sweet As! We're so excited to be stocking our local Hunny. Bring your own container or grab one of our cute labelled jars for a low-waste, low-food miles 100% local pure honey.