

**HAPPY NEW YEAR! THE CO-OP'S 45TH YEAR. 1,500 MEMBER-OWNERS AND GROWING!**

## MEET THE PRODUCERS

### JODI AND HANNAH FROM FLOURISH TEA



Meet Jodi -Flourish Tea founder, Doula, Tea-Maker, and mother of two daughters. Both babies were born at home in rural Hawaii, the first having been born under a coconut palm! Jodi has supported women in birth for about 30 years. She is passionate about supporting people achieve a healthy lifestyle and good nutrition.

And meet Hannah - mother, garden lover and also a Flourish Tea Maker. Having been a customer (and huge fan!) of Flourish Tea before, during, and after her pregnancy, a beautiful case of serendipity brought Hannah to join the Flourish Tea family. Not long after giving birth to her son, Hannah ordered some Milky Way Breastfeeding Tea,

delivered personally by Jodi. This act of kindness sparked the beginning of a very special friendship and working relationship.

“At Flourish Tea we believe all women should benefit from natural, nurturing support through every stage of their journey. From puberty, to the time you’re trying to conceive, to the postpartum and breastfeeding days - and all the days after that! Our boutique tea range is made in small batches from 100% organic herbs, expertly blended to provide stage-specific support and nourishment.”

Both Hannah & Jodi have had vegetable, herb and flower gardens since they were young. They are passionate about growing organic food, beautiful flowers, and tending to their native bee hives.

Jodi and Hannah always looking for good flavour and vitality. “When we mix our blends, we mix them with 100% love and intention. We never mix when in a bad mood or with negative energy.”

“We’ve supplied the Co-op for over 3 years, the store is beautiful and aligns totally with our values.”

Find Flourish Teas in the tea and coffee section of the Co-op.



Co-op members score an entry to the Monthly Members' Draw for every product sold.  
This month's winner is Jim Rankin. Enjoy your prize!

*So much more than a health food store*

BY CO-OP  
NATUROPATH  
EDEN  
LAVENDER

## NEW YEAR, CLEANER LIVING



As a naturopath, I focus on the body's cleansing channels (emunctories); the liver, lungs, skin, lymphatics, kidneys and intestines. When one or more of these channels are not functioning well, the body becomes out of balance and will try to compensate with other channels becoming overburdened. The resultant waste material in the body can lead to increased inflammation, fatigue and susceptibility to infections.

Here are some tips to support your body's natural elimination processes:

### Liver

- Reduce the intake of processed foods, refined sugar and alcohol
- Eat the rainbow - enjoy organic wholefoods in a variety of colours! Foods containing antioxidants support the liver detoxification pathways. Include leafy greens, berries, green tea, garlic, onion and broccoli
- Consider St Mary's Thistle that has a restorative and protective effect on the liver

### Bowels

- Aim for 25-30gms fibre/day to promote regular bowel movements - vegetables & fruit, beans, oats, seeds and nuts
- Optimise water intake to keep stools soft and prevent constipation

### Lungs

- Manage stress and anxiety to prevent shallow, ineffective breathing
- Maintain correct posture to support a proper breathing technique
- Make time for some nature therapy such as forest bathing and fresh ocean air

### Lymphatics

- Try dry skin brushing to stimulate lymphatic vessels, just below the skin's surface
- Get active to support the circulation of lymph
- Drink Calendula and Echinacea teas to help improve the flow of lymphatic fluid

### Kidneys

- Stay hydrated - drink at least 2L of water daily, more if it's hot or you're exercising
- Drink Dandelion leaf tea for its diuretic action and potassium content

Have a happy, healthy New Year!



For more individualised advice email  
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The information in this article is for educational purposes only and is not intended as a substitute for individual 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 or any supplements.

# ROSE SPRITZ

A DECADENT AND HEALTHY  
COCKTAIL FOR HOT, SUMMER DAYS



Dominique Livkamal, Co-op member and producer of the gorgeous Medicine Room range of healthy products, has shared a favourite recipe with us. "Making delicious herbal cocktails is easy and it's also fun. We love celebrating with a fresh, cool drink and as naturopaths and herbalists our home is always filled with drinks that are good for us!"

1. Make a syrup of rose petals, rosehips and honey. To do this, simply add 2 cups of water to a saucepan with 2/3 cup of honey and 50 grams of rosehips and 50g of rose petals. Bring to the boil and simmer for 20 minutes. Remove from heat and strain off the rose petals and rosehips. Allow to cool and then pop in the fridge until use. (Make a couple of days before use)
2. Pour 3cm of the syrup into the bottom of a champagne glass or tall glass and top up with natural sparkling mineral water or sparkling soda water. Garnish with more rose petals and a dash of lemon juice to lift the taste.

Happy New Year! Cin cin!  
[www.medicineroom.com.au](http://www.medicineroom.com.au)

# NEWS SNIPPETS

HAREFIELD HORTICULTURE NOW  
CERTIFIED ORGANIC!

Local Co-op producer Harefield Horticulture has great news! "We no longer have to state "In Conversion" against our organic certification! We chose to certify under the National Standard which is stricter and necessitates the "In Conversion" period which we have now completed."  
Certified organic by Southern Cross Certifiers.

## MYTHBUSTING BRAGG'S ACV

Braggs use pure organic apples, naturally fermented for their Certified Organic apple cider vinegar (ACV) and some of our Co-op members have heard rumours about the use of synthetic coatings. The CEO of Bragg has vehemently refuted this. These coatings are used in conventional, non-organic/ regenerative agriculture to extend the shelf-life of produce. <https://www.reuters.com/fact-check/bragg-does-not-use-apples-with-a-peels-edible-food-coating-company-says-2023-12-25/>

## SUSTAINABLE FISH

The salmon farming industry has been under fire, with questions raised around environmental impacts, animal welfare and poor regulation. Also under scrutiny, is the fishing of tuna, sardines and other seafood. At the Maple Street Co-op we are constantly looking for the best we can provide in terms of planet-friendly, nutritious and ethical food. We stock sustainably-sourced, tinned and jarred fish and, in the freezer section you can find wild-caught salmon, both raw and smoked. We do the research so that you don't need to.

# JANUARY SPECIALS!

Had a gutful over the holiday?  
Give your digestion a good start to the new year!

## MY ORGANICS INULIN 150G

Inulin is a prebiotic fibre that has been linked to several nutritional and health benefits such as improvement of digestive health and blood sugar control.

Add to drinks and smoothies or stir into your favourite low-carb baking.



## NUTRA ORGANICS COLLAGEN AND GELATIN RANGE



Support your bones, muscles and gut with Collagen Beauty, Collagen Body, Collagen Build and Gelatin.

The collagens can be added to smoothies, drinks and meals. And you can make healthy jelly chews from any seasonal fruit juice and the Nutraorganics Gelatin.

**15% OFF**

**MEMBERS RECEIVE A FURTHER 5% OFF THE DISCOUNTED PRICE!**

## PURE COCONUT WATER

Bringing you the true taste of the tropics. This juice from fresh young green coconuts is naturally sweet. Harvested and packaged on the same day with no preservatives or sugar added. Coconut water has been used in traditional Ayurvedic medicine and is believed to help with digestion and to treat dehydration.

By JT's Coconut Essence



## Why not join our Co-op?

Supporting your local economy for 45 years

Join 1,500 owner members!

Apply for a \$25 share (\$11 yearly sub)

Member benefits include 5% off most products.

MAPLE STREET CO-OP

EST. 1979

# NEW!

## BOPO WOMEN



More from Bopo Women, a Co-op favourite for body products.

- Bejeweled Body Butter.
- Floral Fling gift set containing Seeds of Spring Body Oil and Self-Love body oil
- Little Luxuries gift box (above), containing Berry Lip Balm and Aphrodite Perfume Roller.



## HEALTHWISE AMINO ACIDS

Supporting cognitive function and mental health, these amino acids act as precursors for neurotransmission. Now in stock are L-Tyrosine, Taurine, Tryptophan and L-Glutamine.  
A Eudlo-based company.

Earth Blends body and face products are vegan. The range includes Kakadu Moisturiser, Sandalwood and Rose Facial Polish and the Soothing Foot Rub.  
Made in Queensland.

## EARTH BLENDS



## OTHER NEW STUFF

- Blue Frog cereal, 86% nuts and seeds. Recommended by a Co-op member
- Ceres organic Thai Red, Thai Yellow and Thai Green curry pastes
- Tamarind Paste from Pantainorasingh
- Tamarind Puree from Jeeny's
- Eco Chic bags. We now have more in the Australian Natives range of these handy bags. Made 100% from recycled bottles
- Gourmet dried mushrooms. Porcini, Wild Forest Mix and Chanterelles. From Chef's Choice
- Stuffy Patches with soothing vapours for stuffy noses. Safe for children
- Fresh Mediterranean Harissa from Chef's Choice
- Vital Greens - new Ginger and Lemon
- Gluten Freedom Sourdough Long Rolls
- Bicarbonate of Soda, in our bulk bins



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