



FEBRUARY 2022

# CO-OP NEWS

MEET THE GROWERS - CLEARANCE ITEMS - FEBRUARY SPECIALS

## MEET THE GROWERS TRIBE OF QUIN'S



Tribe of Quin's was born as a means for Shakira and Nick to share their good fortune with the community, growing food on their 1.5 acre Crohamhurst property just outside Maleny. "We are building our business around our lifestyle. We think this is important to start out doing from the beginning otherwise it is easy to get caught up in life and forget why you started"

2021 saw the family setting out to grow commercial microgreens, nutrient and mineral-dense produce that uses very little space to produce high yields "We use chickens and quail to break down gumleaf matter, turn the soil, fertilise and build our soils and control both pests and weeds. We have bees that pollinate and keep us

company while working in the gardens, sometimes giving us honey. It's our oasis." Since arriving on 2020 they have been building a naturally biodiverse ecosystem, ensuring their farming practices are kept to a minimum and creating habitat for native wildlife including koalas, echidna and an abundance of birdlife. "

The Quins are a family of eight enjoy living an active and holistic lifestyle. Shakira is a passionate artist with a particular love for oil painting, exhibiting from Brisbane to Milan. She also loves growing herbs and medicinal flowers to create self-care products and teas. Nick grew up on an organic farm near Margaret River, has a bachelor of Mechanical Engineering and spent time as a stonemason working on high-end projects.

"The Co-op has been so good to us and we would like to take this opportunity to thank our amazing community. Many blessings from our tribe to yours."

Look out for Tribe of Quin's Microgreens in the Co-op vegetable chiller.



*So much more than a health food store*

BY CO-OP NATUROPATH, PASCALE RICHY

## Is poor digestion preventing you from losing weight?

Poor digestion is one of the common causes of weight gain and can also be a barrier to weight loss. If you can't break down your food, absorb nutrients, and eliminate toxins effectively, your metabolism will suffer, eventually slowing down. Furthermore the lack of nutrients, regardless of how well you eat, can switch your body into "survival" or fat storage mode. A lifestyle approach rather than fad dieting will enable slow but steady and maintainable weight loss and improving digestive function is key to helping your body convert food into energy rather than fat.

Warning signs of poor digestion include bloating, gas, diarrhea or constipation, heart burn and indigestion, skin rashes and impurities, low libido, brain fog, allergies, bladder issues/infections and compromised immunity.

### Recommended steps:

1. Breakfast really is the most important meal of the day as it sets our metabolism, influences hunger hormones and activates gut bacteria. The time that you "break fast" is not important but what foods you do this with are, as they will influence energy and cravings for the rest of the day.

Always include complete proteins to balance carbohydrates.



2. Slow down, sense your food and let the parasympathetic nervous system (rest and digest) kick in.

3. Stimulate digestive secretions such as stomach acid and bile with lemon juice, apple cider vinegar before or with meals. Also bitter greens, herbal bitters such as gentian and globe artichoke.

4. Digestive enzymes are naturally stimulated for release when the above measures are taken, however some extra help may be required in the form of enzyme supplements that contain amylase, lipase and protease for carb, fat and protein breakdown.

5. Gut bacteria. Look after the good ones as they help break down foods too and prevent overgrowth of the bad guys that slow down metabolism and increase toxicity.

### Things to avoid:

- Preservatives interfere in the body's ability to break down food and extract nutrients.
- Sugars, bad fats, excess animal protein promote growth of non-beneficial gut bacteria
- Over-eating hurts the digestive system as the body can only deal with a certain amount of food in a day and the excess is converted to body fat.

# FEBRUARY SPECIALS

Helping you stock up on pantry staples



## ABSOLUTE ORGANICS TINNED TOMATOES

Certified Organic Italian Tomatoes. No additives. Diced and Whole 400g

Normally \$2.50 now \$1.75 Members \$1.66

## ABSOLUTELY ORGANICS TINNED BEANS LENTILS AND CHICKPEAS

Certified Organic. 400g. 4 Bean Mix, Black Beans, Cannellini, Kidney, Lentils and Chick Peas.

Normally \$2.35 Now \$1.95 Members \$1.85

## ABSOLUTE ORGANICS BAKED BEANS

Certified Organic 400g.

Normally \$2.75

Now \$1.95

Members \$1.85



## ABSOLUTE ORGANICS PASSATA

Certified Organic 680g.

Normally \$4.50

Now \$2.95

Members \$2.80



## ABSOLUTE ORGANICS MUSTARDS

Certified Organic 200g.

Normally \$4.95

Now \$3.50

Members \$3.33



## ABSOLUTE ORGANICS COCONUT MILK AND CREAM

Certified Organic 400g.

Normally \$3.35

Now \$2.35

Members \$2.33



# PRODUCT NEWS

# WHAT'S GOING ON?

## CLEARANCE! PEOPLE OF THE EARTH MERFACE ZINC RANGE

Bare Natural – Usually \$22.95 – Now \$18.95

Gold – Usually \$27.95 – Now \$19.95

Bronze – Usually \$26.95 – Now \$19.95

Silver – Usually \$24.95 – Now \$19.95

while stocks last.



## CLEARANCE! VEGAN PIES

10% off Yay pies while stocks last.

## JUST IN - "THE WELLNESS ZONE" BY THE MEDICINE ROOM

Internationally renowned Malenyite Dom Liv Kamal's book is now in stock containing insights into natural health and simple home-based practices for wellness.

## CO-OP LEADING THE WAY

The momentum is building for Maleny becoming an electric vehicle destination and hub. The Co-op has been instrumental in leading the charge (get it?) and you can read all about it [here](#) in an article by local Maleny resident Neil Byrne.

<https://tinyurl.com/yc4af9nd>

## MEMBER NOTICEBOARD

We've been considering the pros and cons of a community noticeboard since the extension. Long-time member Robin Clayfield suggested we provide a noticeboard for our Co-op members' promotions, particularly those aligned with the ethos our co-op. So please hand your flyers in for consideration. We are also trialling a posterboard for community events. Any questions or comments please send to [assistantmanager@maplestreet.coop](mailto:assistantmanager@maplestreet.coop)

## MONTHLY WINNER

Every member-spend of \$50 in any day during the month gives you a place in our draw.

This month's winners are Kel and Liz Harding!



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