

SOOTHING THE FIRES OF ANXIETY - FREE PRUNING WORKSHOP FOR MEMBERS - MAY SPECIALS!

## MEET CO-OP MEMBER

### SOPHIE FROM SOPHIE'S SEEDLINGS

Many of you will know Sophie from her market stalls. We chatted to her to recently ...



“It was the Co-op new members’ drinks and cheese welcome night that launched a domino effect for my gardening business when Fi from the Co-op mentioned local opportunities - it snowballed from there. The Co-op is a fab connection place. The naturopaths are great too – so knowledgeable and can recommend the right product. As a weekend market stall holder, selling my excess stock through the Co-op as a consignor is a great way to have my product in a beautiful and busy shop without huge overheads. It’s a really valuable addition to the weekend market income.”

And her favourite things to buy at the Co-op?  
“Oooh.... organic flours, a must have for my sourdough! And Nature’s Cuppa organic Earl

Grey tea, my faaaaaave with real bergamot oil!. And Dominique’s Medicine Room beeswax balms for my dry gardener’s hands! Oh my gosh and of course the dark choc coated freeze dried strawberries.... I am addicted. Oh and new season organic apples! Once you have, you can’t go back...Oh wait - the new line of seeds from the Lost Seed has excellent germination- one of the best, with excellent varieties. I like knowing I am directly supporting the local community, small businesses and ethical/organic - casual everyday activism via your wallet.

I also help Fi in the Co-op’s community garden. We have a lovely group of volunteers who come every Tuesday 8-10am, creating a beautiful place, caring for the produce ...and yarning with a cuppa and snack afterwards! “

Sophie cleverly avoided talking about herself, but we know she holds a doctorate and has trained in horticulture. Find Sophie’s Seedlings at the local markets in Maleny Main St, Montville, Witta and Mapleton. Visit [Sophiesseedlings.com](http://Sophiesseedlings.com) for more info.

Sophie’s Pruning Workshop - Tuesday 7 May 9-11am. \$20. Free to Co-op members! Email [assistantmanager@maplestreet.coop](mailto:assistantmanager@maplestreet.coop) to book

FOR EVERY PRODUCT SOLD, CO-OP MEMBERS SCORE AN ENTRY TO THE MONTHLY MEMBERS’ DRAW. THIS MONTH’S WINNER IS SUSAN TUCKETT!

*So much more than a health food store*

# SOOTHING THE FIRES OF ANXIETY

BY CO-OP  
NATUROPATH,  
CASEY CONROY



Anxiety is a feeling of exposure, that one is lacking protection. Over time the flames of anxiety can sear our nerves and hearts, leading to hormonal imbalances and chronic illness. So, what can we do about it?

## NUTRITION

There's a significant connection between your nutrition and mental health. Many health-conscious people under-eat or cut out foods unnecessarily, which can worsen anxiety. Four foundations of mental health nutrition need to be in place before any herbs and 'superfoods' can really be of benefit:

1. Regular mealtimes. Irregular eating negatively affects blood sugar regulation, immune activation, stress hormone levels, and the gut microbiome.
2. Healthy fats. To maintain the cell structure of our brain's communication network we need at least 65g of fat daily from sources like olive oil, butter, avocados, oily fish, and nuts.
3. Complex carbohydrates. Low-carb intake contributes to brain fog, anxiety, depression, fatigue, and poor sleep. Consider wholegrains, starchy vegetables, legumes, .

fruit, and dairy.

4. Adequate protein. Amino acids are the building blocks of neurotransmitters, the chemicals that allow nerve cells to communicate messages about sleep and mood. Legumes, nuts, seeds, meat, poultry, fish, eggs, and dairy are all great sources

## HERBAL MEDICINE

Plant allies can be invaluable in soothing different aspects of anxiety. Herbs may need to be matched to your unique constitution and situation by a skilled naturopath or herbalist. Some specific indications:

- Anxiety with chronic stress: St John's Wort, Ashwagandha, Milky Oats
- Circular thoughts leading to insomnia: Passionflower, Skullcap, Valerian
- Anxiety around upholding boundaries: Motherwort, Yarrow
- Chronic worrying with cognitive impairment: Lions Mane mushroom, Gotu Kola, Tulsi
- Anxiety with muscular tension: Kava, Black Cohosh
- Anxiety accompanied by digestive upset: Chamomile, Licorice
- Anxiety with heart palpitations: Motherwort, Lemon Balm, Hawthorn flower
- Social anxiety: Damiana, Kava, St John's Wort.

Diet and herbs can take days, weeks or months to show benefit. Be patient, give yourself compassionate space, and experiment with what appeals and has value for you.

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*The content of this article is the opinion of the writer, is for educational purposes only and is not intended as a substitute for individual healthcare 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 supplement*

# WHAT'S ON?

**AN INTRODUCTION TO PRUNING  
MEMBERS FREE!  
TUES 7 MAY 9AM-11 AM**

Is your garden a little wild? Fruit trees looking sad and no longer productive?

Book now for a 2-hour pruning workshop with



Sophie, experienced horticulturist and owner of Sophie's Seedlings - see page 1! Learn how to avoid common mistakes and keep your plants in peak condition! \$20 and FREE for members. A Co-op member benefit. Bookings essential (insurance cover). Email Fi, [assistantmanager@maplestreet.coop](mailto:assistantmanager@maplestreet.coop) or text 0416057702

**AFTER HOURS GATHERING  
SUNDAY 29 MAY 5PM - 6.30 PM**

Each month, we welcome new members over light refreshments and great conversation. It's a great chance for us to hear what membership means to them, and to chat about how the Co-op works for its members. If you'd like to come along, either as a new, or as a seasoned member please book your spot through Fi (contact details above).

# MORE WHAT'S ON!

**FERMENSTATION AT THE CO-OP  
FRIDAY 20TH MAY 10AM-2PM**

Our friends at Yuki and Yuka from Fermentation will be here to meet members, and chat about their superb miso and other healthy fermented foods. Come and try their award winning organic Fermented BBQ Sauce - Teriyaki and Black Garlic, their fermented Noosa Chilli Oil, their premium misos and more!

**GARDEN GATHERINGS  
EVERY TUESDAY 8AM-10AM**

Now in its 10th year, the Co-op Community Garden is a calm sanctuary, well-loved by its fantastic band of volllie gardeners. To join us and enjoy a regular barista cuppa and snack just text Fi 0416057702. Look out for our forthcoming 10th birthday celebration too!

**ORANGE SKY NEEDS YOU!**

Our garden volunteer Anna is also a volllie for Orange Sky Laundry - a free wash and dry service for those in need. Anna says, "We are looking for volunteers who can attend one or (as many sessions as they wish) each month. The service is vital to many and the friends who access it really appreciate the difference it makes ." Neighbourhood Centre in Bicentenary Lane on Tuesdays & Thursdays from 9am to 12 noon. Contact Lesley on 0413 519 646

# MAY SPECIALS -

**15% OFF. MEMBERS RECEIVE A FURTHER 5% OFF THE DISCOUNTED PRICE!**

## OLIVE GREEN GOOD FISH



A delicious protein hit to support muscle-building and immunity, with a healthy dose of Omega 3s for brain and eye health. Tuna, mackerel, salmon, and sardines - all sourced sustainably.

## OLIVE GREEN GLUTEN-FREE PASTA

Four great varieties; Quinoa and rice, veggie (quinoa and rice with beetroot, spinach and turmeric, Amaranth and rice, and vri grain (quinoa, rice, amaranth). In packets or BYO bag to buy in bulk.



## BERKELO SOURDOUGH PASTAS

Varieties include Emmer Twists, Khorasan Macaroni, Shells and Penne (durum wheat and whole lancer wheat) and Spelt.



## SPIRAL ORGANIC PASTA SAUCES + PIZZA PASTA SAUCE



Arrabbiata, Basil and Garlic and Funghi Mushroom and a classic Pizza Pasta Sauce (great on our fresh and frozen pizza bases). Organic, GF, Vegan, Australian-made.

## SPIRAL SUGO

These organic sugos are heartier sauces with chunks of tomato and vegetables; Garlic and Basil, Arrabbiata and Primavera.



## ETRE GRASS-FED BEEF LIVER CAPSULES (NEW!)

A nutrient-dense natural food lovingly known as nature's multivitamin. 100% Australian Certified Organic.



## ETRE MARINE WILD-CAUGHT COLLAGEN (NEW!)



Known to heal acne and improve gut health. Flavourless and dissolves quickly. Simply stir into smoothies or your drink of choice

# NEW!



- More from local supplier Sara Yael / Cowan who supplies us with her Fire Tonic.
  - Fermented Hot Sauce 101 Comic Book
  - How To Make Kraut 101 Comic Book
  - Sauces
    - Golden Paste, for use as a drink or add to curry and other meals
    - Davidson Plum Hot Chilli Sauce (get in quick as it's low in stock)
  - Fermented Moroccan Lemons
- Funky Forest's Mugwort Herbal Body Oil

Made by our Co-op's own naturopath Casey, she tells us, "This herb deepens intuition and opens doors of perception. Can be applied to your entire body before bed to enhance dreams."

Available in 100ml and 200ml bottles.



- Loco Love Organic Vegan Chocolates

By special request, this artisanal chocolate from Byron Bay is now in the Co-op!



Varieties include Black Cherry and Raspberry, Chilli Love Truffle, Hazelnut Praline, Peanut Butter, Rose Ganache and Salted Caramel Shortbread.

- Byron Bay Olive Co Black garlic bulbs and peeled garlic
- Bent Road Wines Pinot Gris. Have a look at the wine fridge, close to the rear window. (Yes, we have wine!)
- GOOD FAT Mayo, Chilli Mayo, and Aioli. Containing pasteurized (pregnancy-safe) free-range eggs
- Badass Mother Butter spreadable dairy free cultured butter, chocas with good fats.



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