

DON'T MISS OUR AGM! WEDNESDAY OCTOBER 25 5.30 PM FOR 6PM START MALENY COMMUNITY CENTRE

MEET THE PRODUCERS KAY BLISSET AND FAMILY



One of our earliest Co-op suppliers is the Blisset family who have developed the idyllic, organic farm called Kabiufa, tucked away in Diamond Valley between Maleny and Mooloolah. More than 38 years ago, Kay and John Blisset began creating their Certified Organic gardens, gaining NASAA certification in 1985. Later, their son Jason joined the family firm.

Now, the farm boasts seasonal produce grown from organic seed. Dragon fruit clamber over the huge boulder walls on the property. “The soil is a rich, black clay that we enrich with Earth Life minerals and green manures.” Kay tells us. “We use exclusion nets and hand-picking to control pests. Our native birds and beneficial bugs help us with the nasties.”

Kay explained the evolving nature of organic certification standards including seed-saving, crop rotation, brush-cutting weeds and the requirement to maintain native planting to support biodiversity. Kay has now collected her own open-pollinated seeds for more than 30 years.

NASAA accreditation staff assess the property twice each year, unannounced for one of those visits. Each day the team must maintain the Organic Management Plan that includes a daily ‘paddock diary’ in which every single thing planted, harvested, mowed or managed is recorded. In addition, an ‘input book’ is used to record any farm additions such as mulch or organic nutrients. “We’re very cautious about the mulch we use, avoiding lucerne which can be GMO, and instead using an organic sugar cane. Any additional compost used, seeds...everything is certified organic.”

The Co-op is grateful for its connection to such careful custodians of the land and their deliveries of fresh produce each Tuesday.

<https://www.facebook.com/KabiufaOrganics/> Kabiufa NASAA certificate #4020

So much more than a health food store

BY CO-OP AYURVEDIC PRACTITIONER
MAAYA EAGLE

HEALING THE GUT, THE AYURVEDIC WAY

In Ayurveda, it's said that good digestion equals good health and that an imbalance can, over time, lead to disease. Ayurveda is an ancient traditional healing system from India that is holistic and similar to Traditional Chinese Medicine. Using a range of diet, lifestyle, treatments and herbal remedies including everyday kitchen spices, Ayurveda seeks to help people maintain optimal health or heal when there is an imbalance.

Ayurveda is not a 'one size fits all' quick-fix approach. There are, however, recommended practices that everyone can follow to help aid digestion and heal the gut. Some of these are summarised here:

- Undertake seasonal cleanses, especially in Spring
- Rise with the sun and retire before 10 pm
- Set a positive intention for your day
- Brush your teeth and scrape your tongue upon waking
- Regularly undertake self-massage with black sesame, coconut, or herbal oils
- Eat foods that are in season and as local as possible
- Eat your largest, heaviest meal at lunch time and smallest meal for dinner

- Favour eating cooked, warm and spiced foods and avoid raw, cold, frozen, processed, canned and spoiled foods as much as possible
- Aid your digestion of heavier foods such as meat, oily foods or dairy by cooking them with spices such as cumin, black pepper, ginger and turmeric; slow cooking meats also aids digestion
- Avoid eating yoghurt and fruit together, and eat fruits on their own at least 30 minutes before or two hours after other foods
- Avoid excessive exercise, stress and over- or under-eating
- Only eat when there is hunger, and when there is hunger, eat
- Avoid fast foods and eat leftovers within 24 hours
- Relieve bowels daily within 30 minutes of rising without the aid of caffeine or strain; if there is difficulty, drink hot water and massage the abdomen in a clockwise direction.



For more individualised advice please feel free to chat with me in store or book a consultation at www.maayaeagle.com

OCTOBER SPECIALS!

SPARKLING COCONUT WATER



Using older coconuts that are sweet already, these refreshing drinks have no added sugar or sweeteners and use pure fruit juice. In the range are watermelon, passionfruit, lychee, ginger and natural.

Spiral Foods 320ml

ORGANIC COCONUT MILK AND CREAM



Made from carefully selected, ripe coconuts and ideal for creating your favourite Thai, Malaysian, Indian and Caribbean cuisine. And for a protein-packed brekky, simply whisk in chia seeds, fruit, lime juice and vanilla.

Spiral Foods 400ml

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

APPLE CIDER VINEGAR

This ACV is made from certified organic apples, pressed and lightly filtered. The rest is nature at her best. People have used it for centuries in cooking, preservation and natural medicine. Spiral Foods 500ml



OZGANICS DRESSINGS, SAUCES, CURRY AND SIMMER SAUCES

Pour, Mix or Dip!
Add a burst of healthy flavour to your creations while keeping you free from harmful food additives. With every bite, you are



doing good for your health, your family's health, and care for our planet.

**MONTHLY
PRIZE DRAW**

This month's winner is posted in the display box outside the Co-op.

MAPLE STREET CO-OP EST. 1979



ANNUAL GENERAL MEETING 2023

WEDNESDAY 25 OCTOBER

IT'S OUR 44TH AGM!

We are looking forward to welcoming new Board Directors this month after the election. Can you vote? As a Co-op member/part-owner you are entitled to vote if you had \$120 or more in transactions with the Co-op in the past year.

Your vote counts!



Proxy forms are available at www.maplestreet.coop/memberpage
Please return by Monday October 23.

HEAR FROM CO-OP FEDERATION CEO SAM BYRNE



Sam will be sharing his insights into co-ops, lessons we can learn and also tell us about the innovative new organisation, 'Co-op Grocers'.

...AND OUR GATHERING

Join other member-owners to meet our Co-op team, Board and producers. Listen to Pecha kucha-style lightning talks from our staff, producer and member trio!

Enjoy your complimentary drink and a tasting plate. The bar will be available from 5.30 and we will socialise after the AGM until 8.30.



For any questions, please contact the Board Secretary
secretary@maplestreet.coop

So much more than a health food store

NEW!



20HR+ ROASTED BEEF BONE BROTH

Local baker and Instagram sensation, Jamie the Maleny Pie Guy has cooked up a treat with his broth. Roasted grass-fed beef bones from CGL Farm (Clean, Green Local) in Gympie simply simmered with bay leaves in UV-treated rainwater for more than 20 hours.

BUZZ BUZZ BUZZ

Locally honey and honeycomb produced in Wootha. Wrapped in a brilliant Cramps-inspired label designed by ex-Maleny, now Brisbane artist Nelson Gibbins.



FROM BOTANICAL CUISINE

- Hazelnut chocolate spread, super-rich and gooey, by Botanical Cuisine. Handmade in Collingwood. Vegan.
- Botanical Cuisine Mushroom Truffle Macadamia Cheese, containing a mix of local Swiss Browns and Italian varieties (wild, porcini) and fresh Tasmanian truffle. Vegan.
- Botanical Cuisine Nettle Pesto in large size (for a short time only).

SACRED TASTE CACAO

Based in Melbourne, Sacred Taste produces premium drinking cacao, organic, and preservative free, Ethically Sourced. Vegan. GF and original.



Flavours include Rose, Matcha Mint, Chilli, Ceremonial and original.

THE LOST SEED

These heritage seeds are untreated, non-hybrid, non-GMO and open-pollinated. From Toowoomba.

AND EVEN MORE!

Spiral Foods

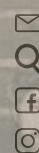
- Tamari-flavoured Furikake.
- Blackstrap Molasses.
- Rice Syrup.

Other new products

- Vital's Multivitamin Immunity & Energy (45 vegecaps).
- Henry Blooms Migra Ease (60 capsules)
- Earthwise Nourish shampoos and conditioners, now in budget-friendly 800ml bottles.
- Marilyn's Balance Plus Skin Cream, by Marilyn Guston, a naturopath of more than 30 years' experience. Contains wild yam, sage, shatavari and other natural ingredients in a Vit E cream base.



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