CO-OP NEWS

NOVEMBER 2026

MEET THE SUPPLIER: THE FRESH CHAI CO. BY ASHA O'DONNELL



Images supplied by The Fresh Chai Co. (@freshchai)

Introducing The Fresh Chai Co., a locally-owned fair trade and certifed organic chai producer operating here out of the Sunshine Coast Hinterland!

Founded in 2016 by Adam Donoghue, The Fresh Chai Co. was born from Adam's love of making chai for his yoga students when he was a yoga teacher and his genuine curiosity for how chai was created. He spent a few years developing the perfect taste profiles, describing himself as a so-called "mad chai scientist" try to perfect everything before the product could hit the shelves.



Pictured: The Fresh Chai Co.'s award-winning recipe – the Masala Blend Chai. Thoughtfully made with flavours of cinnamon, black pepper, ginger, honey, orange peel, star anise, cloves, pepperberries, cardamom, and black tea.

With a heavy focus on environmental preservation and restoration, The Fresh Chai Co. has put in place a number of sustainable practices to lower their carbon footprint.

From recycling old honey containers for bulk cafe deliveries, to donating a portion of their proceeds to conservation charity 1% For The Planet, they are deeply commited to reducing their envionmental impact. Adam has made a commitment to conservation, keeping freight miles to a minimum and declining export opportunitie. Product remains ultra fresh this way too!



Founder Adam Donoghue and The Fresh Chai. Co. market set-up

You can check out their delicious chai blends, including their three-time National award winning Masala Blend Sticky Chai in store today – we promise you'll love it!

Visit The Fresh Chai Co. at their website (www.freshchaico.com.au) or find them on social media (@freshchai) for more information.

We pay our respects to the Jinibara and Kabi Kabi people of this Country, and to their Elders past, present and emerging.
We acknowledge that our Co-op stands on land that was never ceded.
We honour the profound wisdom, the deep sustainability and connection to land since time immemorial.

NEW PRODUCTS

Check out our expanded range of Alchemy drink syrups today! With new flavours like Pistachio, Beyond Beetroot and Ultra Violet Ube Elixir, we're certain you'll find something new and exciting to add to your favourite drink.





Spencer's 2027 calendars will hit the shelves soon! "My Calendar features my favourite photographs and observations of Nature and Wildlife in Australian ecosystems: Wallum, Heathlands and Woodlands. Each month tells a story of our amazing species of flora, fauna and the ecosystems they call home. All proceeds from Calendar sales will go towards my conservation work."

Astrological Calendar 2027 & Moon Planting Guide by Thomas Zimmer in store now!





Curiously Cauli "Made from fresh cauliflower puree, flaxseed and a small amount of tapioca and rice flour. Our plain cauli crackers are healthy, light, crispy and are ideal served with dips, cheese or an antipasto."

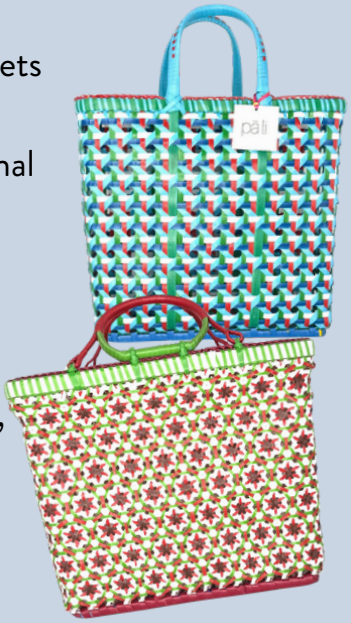
Introducing Peppermint Cookie Crunch and Black Sesame & Date, the latest arrivals of decadent treats from Loco Love! We are stocking these new flavours in both single and duo packs. Try them out today!





Our Moogoo range has extended to include their Natural Cleansing Bars. With three different scents of Oatmeal, Buttermilk and Goat's milk that cater to a range of skin types, you'll be sure to find a soap for you. Find them located with our body washes and bars soaps.

Introducing our new baskets from Pali– hand-woven, ethically sourced traditional baskets from Myanmar. Each basket is unique in design and made completely from recycled pallet strapping, bottles and other plastics collected from gutters, streets and beaches.





Maple Street Co-op is now home to a range of the Enki Apothecary Spagyric Tinctures. These are potent herbal tonics utilising a unique triple extraction method. Take a look in store next time you shop or chat to our practitioners to learn more!

TO DETOX OR NOT?
BY NUTRITIONIST KATE WEBBE

As a nutritionist and former nurse, I feel the word detox has lost all meaning.

Some use it to justify extreme protocols. Others say the body detoxes itself, but if that were always true, we could consume anything without a care.

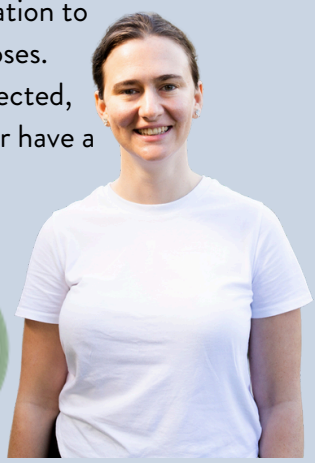
I'm asked about detoxing often at the Co-Op. When I dig deeper it often appears people might require nutritional and digestive support, rather than a single product.

Digestion is one of our key detox pathways. The body produces metabolic waste every second, whatever we eat. Bowel movements help clear waste, including by-products of metabolism. When bowel movements are infrequent, some of these waste products may be reabsorbed from the colon and place extra demand on the liver.
The liver is such an important player in detox pathways. It needs many nutrients to complete its job successfully and gets easily overworked with additional substances, such as alcohol.

I always remember the patients with liver disease I nursed in hospital. The doctor's orders would often be to give laxatives at doses to ensure two to three bowel movements a day. Without this, waste products could be reabsorbed, and their unwell liver often couldn't cope. These could reach the brain, causing confusion (hepatic encephalopathy).

If daily bowel actions, lots of nutritious food and making conscious choices about substance use aren't enough to support the body to do its job, speak with a health professional to investigate before jumping on the latest product or program claiming a master detox.

Kate is a Certified Practicing Nutritionist (AARPN), with a Bachelor of Health Science (Nutritional and Dietetic Medicine) and Bachelor of Nursing / Bachelor of Emergency Health (Paramedic). She is the founder of Plenta Nutrition, and is a passionate advocate for nutritional health, especially in relation to ARFID and autism/ADHD diagnoses.
To find out more and to stay connected, visit www.plenanutrition.com.au, or have a chat with Kate in store!



PRODUCT ERASURE NOTICE

As of September 17th 2026, products containing Andrographis will no longer be comply with the listed medicines framework due to the Australian Register of Therapeutic Goods' (ARTG) concerns of anaphalaxis allergen risks.

AFFECTED LINES

- Bioceuticals ArmaForce
- Ethical Nutrients Immune Defence
- Swisse Nutra+ Andro Max
- Natures Sunshine Andrographis
- Herbs of Gold Cold & Flu Strike
- Fusion Viraforce

The ARTG does offer a grace period for these products to remain on shelves, so please be aware that while many of these lines will be reformulated, the products as they are will become unavailable for the forseeable future once sold in-store. For recommendations of other related products, come and chat to one of our helpful practitioners in store.

MALENY & SURROUNDS EVENT GUIDE | NOVEMBER

Maleny Music Festival
Friday 6th - Sunday 8th November
Maleny Showgrounds

Maleny Farm Fest
Saturday 21st November
Maleny Showgrounds

Sculpture on The Edge
Starts Saturday 28th November
Open 8AM-2PM daily
Flaxton Gardens

MARKETS

Crystal Waters Market
Saturday 7th Novmber
8AM – 1PM
Crystal Waters Eco Village

Montville Grower & Makers Market
Saturday 14th November
7:30 AM – 12PM
Montville Village Hall

Witta Market
Saturday 21st November
7AM – 12PM
Old Witta School Yard

Maleny Market
Every Sunday
8AM – 2PM
Maleny RSL Hall

FILM SCREENINGS Maleny Film Society

The Musicians (2025)
Saturday 7th November
Matinee from 2:30PM | Evening from 6PM
Main Hall, Maleny Community Centre

Mistura (2024)
Saturday 21st November
Matinee from 2:30PM | Evening from 6PM
Main Hall, Maleny Community Centre

Sentimental Value (2025)
Member-only Screening
Sunday 29th November from 6PM
Verandah Room, Maleny Community Centre

MORE COMMUNITY EVENTS

Free Recycling Workshop
Friday 13th November
10AM-11AM
Maleny Neighbourhood Centre

IDAHOBIT at the Library
To listen, learn, remember and honour those affected by the HIV/AIDS pandemic.
29th November - 5th December

IDAHOBIT Documentary Screening
Saturday the 5th of December
Maleny Neighbourhood Centre
4pm for a 4:30 start

LIVE MUSIC

Maleny Arts Co-op
Front-Up Club (Monday Nights) - Music Nights (Friday Nights) - Maleny Lane

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MAPLE STREET CO-OP

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