



JANUARY 2022

# CO-OP NEWS

HEALTHY SPECIALS FOR THE NEW YEAR - SUMMERTIME RECIPES

## MEET THE PRODUCER KENNETH SCOTT AVOCADO GROWER

Ken Scott produces avocados for Maple Street Co-op on his beautiful cattle property 20 kms from Maleny. Ken is a member of our Co-op and a consignor, bringing in his excess crop from the 40 trees in his orchard pictured below.

For over 15 years he worked with organic certifiers OFC, BFA and NASAA travelling over thousands of kilometres across Northern Australia and 'loving every minute of it'.



He has an in-depth understanding of the organic industry and when farming out in Roma was also heavily involved in regenerative landcare.

His son Tim and Amber continue the organic tradition in Kandanga Farm Store where the farm has now received official organic certification. Ken also volunteers at Mary Cairncross Scenic Reserve and the local men's shed.

If you are keen to share your produce by selling through the Co-op, please let us know. We welcome chemical-free and organic produce. email [sales@maplestreet.coop](mailto:sales@maplestreet.coop)

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# RELAXING SUMMERTIME

## AVOCADO NOURISH BOWL

Serves 4. Prepare salad by mixing the following;

- ½ cup toasted pepitas (toast gently in dry pan)
- ½ cup each of chopped radish, spring onion and chopped herbs (coriander, parsley or dill)
- ¼ tsp chilli powder or flakes
- ¼ tsp extra-virgin olive oil
- Pinch of salt

Prepare dressing of ;

- ¼ cup lime juice (2 limes - save the zest)
- 2 tbsp extra-virgin olive oil
- 2 tsp honey or maple syrup
- ½ tsp fine sea salt, plus flaky sea salt for finishing (optional)

Combine salad, dressing and 4 sliced avocados, garnish with lime zest and pomegranate seeds.

1 Serve approximate values | Calories: 333 kcal  
| Carbs: 5.9g | Fat: 27.5g | Saturated Fat: 4.5g  
| Sodium: 193mg | Fibre: 10.4g | Sugar: 4g



## 30-MINUTE COCONUT MANGO SUNDAE



This simple sundae is vegan and great for breaky or desert. Serves 4.

- 2 large mangos
- ½ cup chia seeds (80g)
- 1 can coconut milk (400ml)
- 4 tbsp maple syrup

Puree one mango then add all other ingredients, saving cubes of mango for decoration. Chill for 20 minutes, stirring half-way through. Layer with mango cubes  
Keeps for 3 days

1 Serve | approximate values Calories:  
431kcal | Carbs: 5.9g | Fat: 27.5g |  
Saturated Fat: 17.8g | Sodium: 35mg |  
Fibre: 8.9g | Sugar: 31.5g



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# NEW PRODUCTS FOR JANUARY

## WE ARE FEEL GOOD INC SUNCARE

These natural sun protection and skin care products are Australian-made and owned and tested to hold up in our tough Sunshine Coast climate. Free of paraben, oxybenzone, octinoxate and PABA. These sunscreens are enriched with vitamin E and aloe vera, chosen for their antioxidant, hydration and nourishing properties.

### SPARKLING COCONUT WATER NEW GINGER AND WATERMELON FLAVOURS!

Tasty bubbles you can enjoy anytime - hydration with a real sense of occasion.

With organic coconut water, ginger or watermelon juice and sparkling refreshment for those long hot summer days.

Available in our Co-op drinks chiller near the service counter.



### AUSTRALIAN NATURAL SOAP COMPANY DOG SHAMPOO

This solid bar is the paw-fect solution for combatting that hot dog odour over Summer. Made with all-natural, dog-loving ingredients to give a gentle, nourishing clean. Leaves their coat soft, shiny and smelling refreshingly good.

Reducing plastic packaging too!



### TAPIOCA - NOW IN BULK

We're always aiming to give members and customers options to buy in bulk to save money and cut down on waste. This month we are adding tapioca to the Pantry at the back of the shop. Bring your own bag or use one of our paper bags.

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# WHAT'S HAPPENING

## ACKNOWLEDGEMENT OF COUNTRY

This new Acknowledgement of Country statement at our front door was drafted with Jinibara and Gubbi Gubbi/ Kaba Kabi elders who advised us on the wording.

We are looking forward to working further with our First Nations community.

*Acknowledgement of Country  
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 since time immemorial.*

## GARDEN WORKING BEE

Save the date! Wednesday January 19th 7a.m. to 9a.m. Thank you to you all who came along to share skills last month including Peter, business manager at the Co-op.



## MONTHLY WINNER

Every member-spend of \$50 in any day during the month gives you a place our draw. This month's winner is Paul Large!

## A LITTLE BIT OF HISTORY



Our original 1979 shop sign is back on display in the shop.

We are also collecting oral histories of our original members so if you have some great memories please email Fi on

assistantmanager@maplestreet.coop

**MAPLE STREET CO-OP** EST. 1979  
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## Happy, Healthy New Year!

Fortify Your Body for 2022 with these Specials..

**Amazonia Raw Vit C 120g** was \$36.50  
**Special \$27.95 | Members 26.55**

**PREMEDY PROBIOTICS**  
**Children's Probiotic 50g powder**  
was \$42.95 **Special \$26.95 | Members 25.60**

**High Strength Probiotic 30g powder** was \$59.95  
**Special \$44.95 | Members \$42.70**

**Daily Probiotic 30 capsules** was \$38.95  
**Special \$25.95 | Members \$24.63**

**Daily Probiotic 50 capsules** was \$59.95  
**Special \$44.95 | Members \$42.70**

**Bioitalia Tomato Paste 300g** was \$4.95  
**Special \$3.95 | Members \$3.75**

**Organic Chick Peas kilo (bulk)** were \$9.95  
**Special \$6.95 | Members \$6.60**



37 Maple Street, Maleny  
[www.maplestreet.coop](http://www.maplestreet.coop)

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