



# co-op NEWS

October 2020

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## Hear about our shop extension at the AGM

Come along to our AGM to hear about the new shop extension next door (currently Maleny Food Co) happening in November. The AGM will also see the election of new Directors for our Board to take the Co-op into its exciting future. We can't wait to have more space for browsing and a clearer layout.

When: Thursday 22nd October at 6pm (registration opens at 5.30)

Where: The Verandah Room at the rear of the Maleny Community Centre

Nomination forms available from [www.maplestreet.coop](http://www.maplestreet.coop), in store or email

[secretary@maplestreet.coop](mailto:secretary@maplestreet.coop). Nominations close Friday 16th October 4pm.

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## Milkadamia

### Unsweetened Macadamia milk

An Australia original Milkadamia macadamia milk is made from the finest macadamias. The raw, (never roasted) deliciousness of Milkadamia makes it a smoother, creamier alternative for your cereal, smoothie or cooking.



Usually \$6.70L on special for \$5.95L members price \$5.65L



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## Gluten Free Precinct Wraps and Pizza Bases

As artisan bakers, GF Precinct believe in producing breads that are delicious, healthy, natural & as fresh as possible. Handcrafted in a gluten-free bakery means no cross-contamination from any products with gluten. GF Precinct have mastered soft, flexible, lunch worthy wraps. Made with nutrient dense ingredients and void of all the nasty stuff, you can munch on these babies all day without any regret and enjoy pizza night again with with thin crispy style pizza base.

Pizza bases 2 pack \$9.20ea members price \$8.75ea, Buckwheat Chia wraps 4 pack \$9.20ea members price \$8.75ea, Quinoa Beetroot wraps 4 pack \$9.95ea members price \$9.45ea.

# Meet Nicole Galea, Maker of the Month Misty Lane & Co Beeswax Wraps

## My inspiration for wax wraps...

...came from sitting with colleagues one day, watching them unpeel the single-use plastic wrap from their lunches.

I first made the beeswax wraps for gifts and after researching eco-friendly ingredients and launched them at a local farmers market in 2018.



I have been a hobbyist apiarist for some years now for the greater good of the environment and to encourage pollination in my area.

## Earth-friendly ethos...



Our wraps are different to others. We use local beeswax, organic Australian materials, all recyclable, reusable and compostable. For food safety we use organic coconut and jojoba oil instead of resins and rosins. We aim for a small carbon footprint too, sourcing local goods and services including delivery van, photographer and graphic artists - all boosting the local economy.

## My driving force...

As an Animal Ecologist/Zoologist, I worked on a research project that identified bees as a keystone species without which the cost of hand pollinated food production would have some basic items like apples too expensive.

My whole ethos is to make a real difference and particularly in protecting Australia's rich ecology.

**Wraps packs in Homewares section  
from \$18.95. members price from \$18.00.  
W: [mistylaneandco.com.au](http://mistylaneandco.com.au)**



# Brain Health - Essential foods and botanicals to keep your think tank flowing

From our Naturopath, Pascale Richy



Optimal nutrition is one of our best strategies for reducing the risk of chronic disease, which includes conditions that affect the brain, such as Alzheimer's, other forms of dementia, and overall cognitive decline. Choosing the right foods and herbs to promote healthy brain function is a proactive and protective measure that is better done sooner than later. Let's take a look at some nutrient-rich brain foods and brain regenerating botanicals that you can find right here at the Co-op.

1. Wild caught salmon - rich in healthy omega-3 fatty acids, including DHA (docosahexaenoic acid) that reduces inflammation of the brain. Omega-3's have also been associated with decreased risk of depression and cognitive impairment. B12 is another essential nutrient found in salmon, which helps prevent neurological and developmental disorders, mood disorders and dementias. Salmon also contains selenium, antioxidants, and potassium, making this fatty fish even better for brain health.

2. Blueberries are often praised for their powerful antioxidants, known as flavonoids, which have been shown to reduce the risk of cognitive decline by preventing age-related degenerative processes in the brain. Research also indicates that increased blueberry intake

may have beneficial effects on spatial learning and memory abilities.

3. Leafy green vegetables are among the most nutrient dense foods on the planet, packed full of brain-healthy vitamins and minerals. In addition cruciferous vegetables (ie: kale, broccoli) protect gut health by reducing inflammation in the bowel lining, which prevents inflammation of the brain through vagus nerve and gut brain axis mediation. Leafy vegetables also contain high levels of folate which is necessary for making neurotransmitters, promoting cellular detoxification, and ensuring proper nervous system development.

4. Avocados also contain high levels of folate in addition to lutein, which is a dietary carotenoid associated with improved cognition. Research has shown that increased levels of lutein in the brain following avocado consumption improved spatial working memory and problem solving skills. Avocados are also rich in monounsaturated fats, of which the brain is largely made of and which have been shown to facilitate healthy blood flow throughout the body and to the brain.

Continued...

5. Prebiotics are one of the most overlooked brain foods. Rich in fiber they act as food for your good gut bacteria, which in turn play a major role in brain health, by converting them into short chain fatty acids that serve as a source of energy that fuels your brain while reducing inflammation. Prebiotic foods include chicory root, legumes, oats, green banana, leeks, onion, asparagus, flax, almonds, cacao, blueberries, dried

dates & figs and many other fruits and vegies.

6. Brain smart herbs that improve memory & cognitive function are Rosemary, Bacopa, Gotu Kola and Ginseng whilst anti-oxidant herbs which protect the brain from damaging free radicals include Turmeric, Milk Thistle, Grape Seed, Japanese Knotweed (resveratrol), Coriander, Ginkgo and Green Tea.



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## Gaga's Soul Tonic



Gaga's gut-loving Soul Tonic is an organic immune boosting elixir crafted specially to fight the blues. Made by infusing their very own organic apple cider vinegar with a range of spices (including garlic, ginger, turmeric, onion and black pepper) and a fresh chilli for an additional kick. Redeem yourself with a shot a day! Victorian Made & Victorian Grown: our certified organic apple cider vinegar is made in small batches in Melbourne, with apples sourced within 3 hours of our kitchen.

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## Community Garden

Our community garden coordinator, Kat, is looking for regular volunteers! If you are interested or would like more information, please email [garden@maplestreet.coop](mailto:garden@maplestreet.coop) Working Bee every second Thursday morning 9am to 11am - Next day is September 3rd.



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## Maple Street Co-operative Society Limited



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