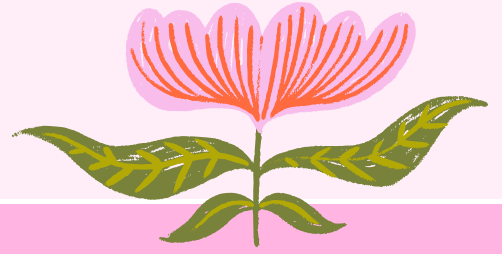


CO-OP NEWS



SEPTEMBER 2026

MEET THE SUPPLIER – KAKADU ORGANICS BY ASHA O'DONNELL



Images supplied by Kakadu Organics (@kakaduorganics)

Kakadu Organics, established in 2014 by founder and proud Murrumburr woman Kylie-Lee Bradford, is a passion-driven local business that produces native foods, bush teas, wellness products, certified organic Kakadu Plum skincare, gifting and hotel amenities.

Growing up in a small First Nations community in Kakadu (NT), Kylie-Lee was surrounded by native foods, botanicals, traditional knowledge and a deep connection to Country.

Thus, Kakadu Organics was created from her desire to share these benefits and the knowledge of Australian native ingredients with a wider audience, all whilst creating meaningful social and economic opportunities for First Nations people and communities.

Over the years, the team have built strong relationships with local businesses like Maple Street Co-op, as well as First Nations growers, harvesters, artists, businesses and communities—putting particular emphasis on maintaining connections with First Nations women and rural communities. Kakadu Organics hopes to steadily expand their footprint across Australia and internationally, aiming to strengthen global awareness of First Nations Australian brands.

“You don't need to be an expert in bush foods—you can make a cup of tea or sprinkle some native dukkah over dinner and immediately experience something uniquely Australian” says manager Joe Bradford.



Kakadu Organics is now stocked in store here at the Co-op! Have a cup of their fabulous Native Australian Bush teas, incorporate a Native Spice mix into your next meal, or simply sprinkle some of their delicious Bush Dukkah over some eggs and enjoy! You won't be disappointed.

To find out more about Kakadu Organics, visit their website or find them on socials.

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.

MEET THE STAFF CONOR

WHY, HELLO THERE CONOR! TELL US- HOW LONG HAVE YOU BEEN WORKING AT THE CO-OP AND WHAT DOES YOUR ROLE ENTAIL?

I've been at the Co-op since January 2025, and from there I became a Produce Assistant in August 2025. As a Produce Assistant, I am one half of a team that oversees the goings-on of the entire produce department- from ordering to consigner relations, we do it all! My day-to-day tasks include restocking our produce fridges, cutting our drum vegetables like cabbages, cauliflowers and pumpkins, and putting together our basket displays. Also, if you've ever seen an illegible handwritten sign, it was most likely written by me.

WHAT'S YOUR FAVOURITE PART ABOUT WORKING AT THE CO-OP?

I feel like the Co-op is the only place in town I've really been excited by working at. I really love the people here and the overall vibe.

WHAT ARE SOME OF YOUR HOBBIES OUTSIDE OF WORK?

Well... not many people would know, but I am in a black metal band. I also make my own music and DJ too. I enjoy reading and am very passionate about films. Some of recent favourite books have been House of Leaves by Mark Z. Danielewski, The Master and Margarita by Mikhail Bulgakov and Wuthering Heights by Emily Brontë, and three films I would recommend are Funny Games (1997), Happiness (1998) and Good Time (2017).



Image by Ketakii Jewson-Brown

HOW LONG HAVE YOU LIVED LOCALLY?

I've lived in Maleny for about 8 years but have lived all over the place, spending a lot of my youth in Perth and all over Queensland, then moving to London and working at a bike shop- even to Germany to work for a tech developing company! I've been everywhere, it seems.

WOW! YOU'RE A JACK OF ALL TRADES. WELL, SINCE YOU'VE BEEN HERE- WHAT HAS BECOME YOUR FAVOURITE THING ABOUT MALENY?

I honestly really enjoy the surrounding nature in Maleny- especially the birds. Recently, I have sighted some Pacific Bazas, White-Bellied Sea-Eagles and Silvereyes. I also enjoy going down to the creek at night time to spot all of the fun wildlife that come out nocturnally.

NOW, CONOR, YOU KNOW THE DRILL... WHAT ARE YOUR TOP THREE DESERT ISLAND CO-OP PRODUCTS?

I'm so glad you asked! I've thought very hard and logically on this one. I'm going survival mode...

- Mt. Beerwah Natural Spring Water – you've gotta stay hydrated! I'd take all the water I can get to make sure I never run out of a clean drinking water supply.
- Crystal Waters Seed packets – I plan on lasting as long as possible out there. I'll have enough seeds to keep me going for a while!
- A whole barrel of freshly-ground peanut butter – it's probably my most purchased item here at the Co-op, so I think it's an essential for a desert island stay.



FATHER'S DAY GIFT GUIDE

Father's Day is coming up this month (Sunday 6th September 2026) and we have plenty of gift options for every kind of dad!

Our Pottery For The Planet range is a wonderful sustainable gift option for dads on the go. Locally made in the Noosa hinterland, their travel cups, mugs and bowls are the perfect gift for dads who enjoy their morning cuppa or lunch on the go.



Mindful Foods has an assortment of flavoured nut mixes that are perfect for the snacking dad. With both sweet and savoury options available across a multitude of different sizes, there's a flavour profile for every dad!



Perhaps he has more of a sweet tooth? Tony's Chocolonely is a wonderful pick for the dad who loves his chocolate. With eight flavours in store, you're bound to find him a choccy bar he'll adore!



Or is your dad more of a green thumb? Here at the Co-op, we have a large range of locally-grown potted plants and seed packets perfect for the dad that loves his garden! Check out our wide selection of potted plants (supplied by the wonderful Dale, pictured) and our various other seed packet ranges in store.

Maybe he would enjoy a taste of this month's featured supplier products, Native Dukkah and Bush Teas from Kakadu Organics? Their Bush Tomato and Native Basil Dukkah with Chilli is delicious sprinkled over some eggs on toast, and our in-store Bush Tea range is sure to soothe and relax! We're positive your Dad will love the Kakadu Organics range.



Or does he like a clean shave? With products like Dr. Bronner's Shaving Soap and Weleda After Shave Balm, you can't go wrong!

Can't decide? Well, a gift certificate just may be all your dad needs! To purchase, simply pop in store, let our friendly staff know what amount you'd like to put towards it and we'll handle the rest!



PRACCIE RECOMMENDATIONS BRAIN HEALTH

Dementia, a condition that affects memory, thinking and the ability to perform daily activities, is an incredibly prevalent health issue in Australia. According to recent data collected by the Australian Bureau of Statistics (ABS) and Australian Institute of Health and Welfare (AIHW), there are an estimated 446,500 Australians living with the disease— a number set to rise to 1 million by 2065 without significant intervention.

Dementia Australia's Professor Tanya Buchanan says that it is one of the most misunderstood diseases, with an estimated quarter of Australian people incorrectly believing there is nothing they can do to reduce the risk of developing it as they age.

Whilst there is currently no cure for dementia, there are many lifestyle changes we can implement in our daily life to decrease the risk later on. Here are some suggestions from Sam, one of our experienced practitioners, as to how you can start your brain health journey today!

SAMANTHA GORDON  **YOURPALNATUROPATHY**
NATUROPATH (BHSc)

As practitioners we are often asked about nootropic herbs on the shop floor. There is a growing body of research showcasing the potential of herbal medicine to support cognitive function when used alongside standard dementia treatments. Herbs such as ginkgo biloba, bacopa monnieri, panax ginseng, turmeric, saffron, green tea, and Lion's Mane have been explored, showing neuroprotective effects that benefit the pathways affected in dementia patients.



As exciting as this research is, it remains preliminary and mixed, so I recommend first addressing any nutritional deficiencies that may affect neurological health. B vitamins, particularly B12 and Folate, support neurological function and healthy homocysteine metabolism, whilst Iron and Vitamin D deficiencies have been linked to poorer cognitive health outcomes down the line.

Consuming a Mediterranean or MIND-style diet also provides brain-supportive nutrients, including DHA/EPA, choline, lutein and zeaxanthin. You can make that switch by consuming foods such as leafy greens, colourful vegetables, legumes, nuts, seeds, soy, eggs, fatty fish and other omega-3-rich foods.

Above all, I recommend prioritising the management of all predisposing health conditions such as Type-2 diabetes, hypertension and age-related macular degeneration, while addressing modifiable lifestyle factors linked to cognitive decline, like quality sleep, physical activity and meaningful social connection.

There is no single magic supplement for a thriving brain; the strongest approach is multi-domain care, combining these strategies with targeted herbal support where clinically appropriate.

Samantha is a Naturopath passionate about supporting individuals with a diverse range of health conditions, such as allergies, autoimmune conditions, and chronic pain. Follow her on @yourpalnaturopathy to stay connected.





Images via Ketakii Jewson-Brown

ANNUAL GENERAL MEETING NOTICE CALLING ALL LOCALS!



Our 47th AGM is coming up on Wednesday October 28th and we're beyond excited to host our members for what should be a yet another lovely community event.

We'll have a short panel discussion with a selected group of staff, producers and board members before opening the floor up to member discussion and suggestions.



All members will receive a short questionnaire prior to our AGM to submit any discussion point for the evening, so please keep an eye out.

Finer details are still yet to be confirmed, but mark your calendars for the chance to have your say at this year's AGM.

We look forward to seeing you there!

CALL FOR DIRECTORS 2026

Ever wondered how else you can get involved with us? Maple Street Co-op is looking for enthusiastic community members to dedicate their time and skills to our Board of Directors.

We are looking for team players with interest in retail, business, finance, law, healthy living, and/or co-operatives who are able to meet on a monthly basis.

If you would like more information on the nominating process, reach out to us at info@maplestreet.coop and we can send you the nomination kit and relevant information.

CO-OP CARE ACCOUNT

The Co-op has a dedicated account that can be accessed by members experiencing unexpected hardship causing loss of income.

If you or someone you know is in this position, please reach out to the management team (Charlotte and Peter) via email at shopmanager@maplestreetcoop or pop in for a chat.

Additionally, we would like to thank all of our members who have donated to the care account— a majority of donations being made by produce consignors allocating their commission from fruits and vegetables sold in store.

If you have excess organically grown produce and would like to provide commission donations to the Care Account, call or pop in store to chat to Charlie or Conor in our produce department for more information.



MALENY & SURROUNDS EVENT GUIDE | SEPTEMBER

Wild Prints: Nature in Linocut | Maleny

Saturday 5th September

9:30AM-3PM

Barung Landcare North Maleny

Festuri Multicultural Festival

Sunday 6th September

10AM-4PM

Buderim Village Park

Vintage Fashion Fair

Friday 18th September - Thursday 1st October

Everyday from 9AM-3PM

Main Hall, Maleny Community Centre

Thai Cooking Class (Winter Menu)

Saturday 26th September

From 11AM

Spicer's Tamarind Retreat

Maleny Music Muster

Saturday 26th September

From 10AM onwards

Maleny Showgrounds

Meet The Rainforest – Guided Walking Tour

Wednesday 30th September

10AM-11:30AM

Mary Cairncross Scenic Reserve

LIVE MUSIC

Maleny Lane Arts Co-Op

Front Up Club (Monday nights)

Live Music Night (Friday nights)

MARKETS

Montville Grower & Makers Market

Saturday 5th September

7:30 AM – 12PM

Montville Village Hall

Witta Market

Saturday 19th September

7AM – 12PM

Old Witta School Yard

Maleny Market

Every Sunday

8AM – 2PM

Maleny RSL Hall

FILM SCREENINGS Maleny Film Society

Primavera (2025)

Saturday 5th September

Matinee from 2:30PM | Evening from 6PM

Main Hall, Maleny Community Centre

The Richest Woman in the World (2025)

Saturday 12th September

Matinee from 2:30PM | Evening from 6PM

Main Hall, Maleny Community Centre

No Other Choice (2025)

Sunday 13th September

Members-only screening

From 2:30PM

Verandah Room, Maleny Community Centre

Maple Street Co-operative Society Ltd

37 Maple Street, Maleny Qld 4552

Phone: 07 5494 2088



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