

SAVE THE DATE - ANNUAL GATHERING OF MEMBERS AND AGM ON WEDNESDAY OCTOBER 25TH 6PM

## MEET MEMBER / DIRECTOR EUGENIE SCHWARTZ



Eugenie and her family arrived in Maleny several years ago, drawn by its reputation as a close-knit community, its co-operatives, and The River School. In addition to running family businesses, she homeschools her children and is a Maple Street Co-op Board Director.

“Sustainability is important to us. I want locally grown food, the lowest food miles – supporting the producer ‘next door’. It’s an ethical issue.

“Health is so important to us, eating organic and unprocessed foods to stay strong. I wasn’t so aware of organics until I arrived here and became pregnant. As I did more research around Genetically Modified food (GMO), pesticides and hormones, I realised that organic food avoids all of these.

“I shop at the Co-op not only for these reasons but also to support local buying. It’s to take a stand against the duopoly of retailers here in Australia.”

Eugenie built her home close to the town centre. “Living within walking distance of town is important to me. We wanted our children to have an upbringing like our own, being able to walk to each other’s homes and having a close friendship community.

“Being a Co-op Director has shown me how much professional work it takes to keep the Co-op thriving, the team skills and knowledge across strategy, policy, finance and co-operative principles. I wanted to be a part of the Board to represent local young families. My wish is to have an online and delivery service to give more access to the Co-op for busy families.

“As for shopping, my favourite Co-op products are the bulk items – nuts, flour, seeds, dried fruit, and salt. I bring my jars to fill with peanut butter and honey – and I love the make-up and beauty products!”

Email [secretary@maplestreet.coop](mailto:secretary@maplestreet.coop) for more information on joining the Co-op Board. Our AGM will be on Wednesday October 25th 2023.

*So much more than a health food store*

BY CO-OP NATUROPATH

EDEN LAVENDER

## SO WHAT IS OMEGA 3?



There are two major classes of polyunsaturated fatty acids: alpha-linolenic acid (Omega 3) and linoleic acid (Omega 6). These are known as essential fats, meaning our body is unable to produce them on its own so we must obtain them from our diet. Omega 3 is the precursor for Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA).

### What is the role of Omega 3 in health?

1. **Skin.** One of the first places to show signs of Omega 3 deficiency with the skin becoming dry and rough. Omega 3 can reduce inflammation in skin conditions such as eczema and psoriasis.
2. **Cellular health.** EPA and DHA are incorporated into cell membranes and influence the structure, fluidity and function of all cells.
3. **Nervous system function.** DHA has benefits for neurological tissue, playing a key role in communication between brain cells. DHA is involved in the production of phospholipids which form part of the protective myelin sheath around neurons. Thus, DHA can have a therapeutic benefit for mood balance and cognition.

In the human body, DHA levels are highest in the brain and retina.

4. **Cardiovascular.** EPA protects the cardiovascular system by reducing inflammation and triglyceride levels.
5. **Musculoskeletal.** EPA has powerful anti-inflammatory properties. Studies show that EPA can provide symptomatic relief in people with rheumatoid arthritis.

### Where to find Omega 3?

Fish oil, cod liver oil and fatty fish such as salmon, anchovies and sardines are excellent sources of EPA and DHA. The EPA and DHA in fish are originally produced by algae accumulated in their tissues as the fish consume microalgae. Plant-based sources of Omega 3 include walnuts, chia seeds, hemp seeds, linseeds and algae, the latter being the best. Algae has the advantage of containing the preformed EPA and DHA, ready to be used by the body.

For nuts and seeds, the body will need to convert the Omega 3s into the EPA and DHA. This process can be labour intensive on the body and requires other nutrients such as magnesium, B vitamins and zinc to facilitate the process. Eating a varied, nutrient rich diet can help to achieve this.

Eden Lavender

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Hinterland Business Centre, Coral Street.

Monday, Tuesday, Wednesday

Telehealth appointments also available.

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# CALL FOR DIRECTORS 2023

MAKE A REAL DIFFERENCE \* STRENGTHEN OUR CO-OP \* WORK WITH A HIGH CALIBRE TEAM

OUR 2023 AGM IS SET FOR  
WEDNESDAY 25 OCTOBER.

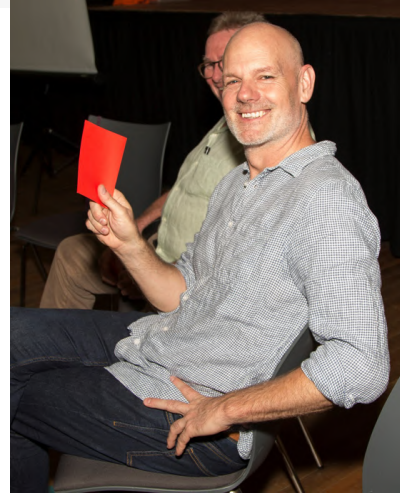
We look forward to seeing you there!

When you joined the Maple St Co-op,  
you received a share certificate. You  
became a part- owner of this vibrant,  
iconic Co-operative.

A strong, creative, involved and  
experienced Board is vital to the future of  
the Co-op.

We are now looking for fresh faces and  
ideas on the Board.

For over four decades the Maple Street  
Co-op has been a leader in co-operative,  
ethical business providing healthy food,  
locally sourced products and job  
opportunities to Maleny and the  
surrounding communities.



You can be part of this important  
legacy by contributing your skills,  
time and enthusiasm to the Board of  
Directors.

We meet monthly and are looking for  
team players with skills and interest in  
retail, business, finance, law, healthy  
living, and/or co-operatives.

If you love the values the Co-op  
stands for and have skills to share,  
please contact the Board Secretary  
([secretary@maplestreet.coop](mailto:secretary@maplestreet.coop)) for an  
information pack and / or to attend a  
meeting to meet the Board.  
Information is also available at  
[www.maplestreet.coop/memberpage](http://www.maplestreet.coop/memberpage)

Nominations close towards the end of  
September.



*So much more than a health food store*

# YEAR OF LOCAL OTHER NEWS

## TIN SHED FARM VISITS



Saturday 7 October 9.30am - noon.  
\$15 per person includes a light lunch.

Caron and Carl will be welcoming us to their regenerative farm near Maleny for an informative morning on the farm, getting to know how they work, followed by a light picnic lunch.

Limited spaces available. Book here  
<https://tinshedfarm.net/shop/p/maple-street-coop-farm-tour>

## RURAL WOMEN IN ACTION

We have a great opportunity to celebrate on Oct 15, the official date for International Rural Women's Day.



The Co-op and our local Queensland Country Women's Association are joining forces to showcase the role of the CWA and to feature the rural women of this area, especially those who play an amazing role in providing produce for the Co-op.

Empowering women through education and health is a priority for the QCWA, their healthy focus of their Country Kitchens project fitting well with the aims of our Co-op. Come along to the Co-op to learn more. From 9am.

## CO-OP FEDERATION MINI CONFERENCE 2023



A group of staff and Board Directors took part in Co-operatives Connect in Brisbane last month. Peter Pamment spoke about our Co-op's journey and how we build our membership community (now over 1,500!) and focus on member benefits. These include our competitive prices on comparative products, member discounts, special orders, our five naturopathy and Ayurvedic specialists, special events, our Annual Gathering of Members and more!

## CO-OP COMMUNITY GARDEN

Join us in our Co-op Community Garden!

- Meet like-minded people
- Share gardening skills
- Stretch your body

We are meeting in our special patch behind the Co-op in Maleny on Tuesday September 5 and 19 from 8am-10am.

To join us please email [Fi.assistantmanager@maplestreet.coop](mailto:Fi.assistantmanager@maplestreet.coop)

## MONTHLY PRIZE DRAW

One of our members suggested we make our Monthly Prize Draw more inclusive - an entry for every product sold instead of every \$50 spent.

This month's winner is Esa O'Connor!

# SPRINGTIME SPECIALS!

**15% off during September.**  
**Members receive a further 5% off the discounted price!**

## SOW 'N SOW GIFT OF SEEDS AND FLOWER PRESSES



These innovative and stylish greeting cards are packed with seeds and are great to keep handy for all occasions. Also on special are these fabulous flower presses (small and large) to preserve your favourite blooms. Sow 'n Sow Maleny - support local!

## GROW BIO ORGANIC FERTILIZER

GROW is locally produced organic, biological solution for all plants and soils. It has a complete balance of nutrients and is loaded with beneficial bacteria, fungi, algae and other microbes.



Available in 1L and 2.5L bottles or, return your GROW bottle and have it refilled from our bulk refill barrel.

# NEW LOWER PRICES

**SPIRAL ORGANICS PRICE DROP - FOR THE FORESEEABLE FUTURE!**

## FURIKAKE

Try organic Furikake when you want to add a pop of flavour. These condiments are available in umeboshi and yuzu flavours.



Were \$16.95 **now \$9.95**

## UMAMI BLACK GARLIC SAUCES



These versatile sauces are great for stir-fries, in dressings or simply splashed over your dishes to take them to the next level!

Umami Black Garlic Sauce Original

Was \$16.95 **now \$11.50**

Umami Black Garlic Sauce Black Sesame

Was \$12.95 **now \$9.95**

## ORGANIC SMOKED SHOYU

Shoyu smoked with cherry wood. Use this as a dipping sauce or to drizzle over your meals.

Was \$19.95 **now \$15.95**



**Again, Co-op members receive 5% off these new, lower prices.**

# NEW!

## NORDIC NATURALS



These fish oils have been specially produced to have no fishy aftertaste. They are FOS Certified, produced to strict standards for fishing methods.

- Ultimate Omega 60s and 180s
- Arctic Cod Liver Oil Soft Gels 90s and 180s
- Omega-3 60s

## NEW LOCAL ORGANIC PRODUCE

Mark from BUDA Organics is supplying eggs (in half dozens), kale, snow peas and occasionally fennel. NASAA certified Kay Blisset from Diamond Valley - snowpeas, garlic, cabbages, lettuces, silverbeet, kale, herbs and more! Also NASAA certified.

## BLACK GARLIC SALT

Local, Pepa Demasson has extended her 'Made With Love' range to include

Chilli Flakes, Celtic Sea Salt, Murray River Salt, Australian Sea Salt and West Australian Lake Salt.



## ALMOND ROAD LOAVES



Tasty paleo & gluten free loaves and fermented sourdoughs approved by naturopaths Eden and Marissa!

Almond Road, baking in Mullumbimby since 2014.

## FIRE WATER TONIC

Feast for the People tonic is made in Maleny by Sara and is fermented for four months in oak barrels.



## YAALA SPARKLING WATERS



Wiradjuri Yinaa woman Tara Medika has launched Elimba-based Yaala. Her drinks feature local ingredients such as Davidson Plum and Lemon Myrtle.

## OTHER NEW PRODUCTS

- My Liposomal Glutathione
- Bopo Body Scrubs; Watermelon and Stardust
- Bopo Flower Power pore cleansing steam
- Carob Farm Koalas and Bars. Honeycomb, Lamington and 100s & 1,000s. Approved by staff member Mita!
- Botanical Cuisine Tigernut butter, Japanese and Korean mayos, Walnut and Pear Macadamia Cheese and Cultured Custard
- Bippi Italian-style chilli condiment
- Gem toothpaste



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