



JUNE 2023

# CO-OP NEWS

WINTER NUTRITION WITH OUR NATUROPATH, EDEN + BOOK YOUR TRIVIA TICKETS + SPECIALS

## OUR YEAR OF LOCAL MEET THE MAKERS PEPA'S BLACK GARLIC SALT



Photo by Ketakii Jewson-Brown

Pepa Demasson is a long-time Co-op member from Maleny and is now producing a new local delicacy. "I have been creating black garlic for a while now and have also made black garlic salt to use in my kitchen. Then I thought - why not share it?

Here it is...at Maple Street Co-op!  
Your tastebuds will go crazy for this umami, salty explosion!"

Black garlic was of East Asian origin, made by placing garlic in a warm, moist, controlled environment over a course of several weeks, a process that ages the cloves to a deep brownish-black. A blend of premium quality Australian sea salt and organic black garlic is made into a powder you can use to pep up any meal.

Black garlic is used in a wide variety of culinary applications and is also high in antioxidants.

"It could quickly become your go-to seasoning" Pepa enthuses "It creates a truly wowing flavour experience!"

Made in small batches in Maleny.



*So much more than a health food store*

BY CO-OP NATUROPATH,  
EDEN LAVENDAR

## BONE BROTH

...a perfect boost over Winter

Winter is here and what's more perfect than a bowl of hearty, nutritious soup to fend off the chills and bugs?

Bone broth is a simple, go-to option, easily digested and full of nutrients. If sourced from grass-fed beef, the nutritional benefits are even better. Bone broth is also a good source of protein, especially important for growing youngsters and to keep the body strong into our older years. On top of this the broth has a high mineral content, including calcium, magnesium, phosphorus, and iron. Other nutrients include vitamin A, K2, and Omega 3. Bone broth can be added to hot water and consumed as a quick soup or it can serve as a base for sauces, stews, gravies, and stir fries.



### Immunity and Gut Healing

Bone broth contains glutamine, an amino acid that feeds the intestinal cells, having an important role in maintaining the gut barrier. It strengthens the first line of defence in our immune system, as 70-80% of our immune system is gut-based.

### Joint Health

Bone broth contains amino acids that support joint health, such as proline and glycine. Studies show that bone broth has anti-inflammatory properties and that its collagen may help improve joint pain and reduce the risk of joint deterioration.

### Plant-Based Alternatives

The vegetable broths made by Nutra Organics range are particularly nourishing, containing a variety of veggies, red miso, kelp, and are also rich in minerals.

### Warming, veggie-packed soup

Warm 2 tbsp of any oil in a solid pan, add a chopped onion, a crushed garlic clove and gently sweat this, lid on for five minutes. Add 2cm of fresh ginger (grated), a tbsp of ground cumin, a chopped chilli and stir. Add 600g of any seasonal veggies, (chopped), sweat for ten minutes. Add 1.5L of hot water with your stock or broth mix of choice. Cook gently for 40 mins. Add a tbsp of miso before serving and garnish with fresh parsley and cracked pepper.

*Eden is one of our in-store naturopaths.*

*edenlavendernaturopath@gmail.com*

*Her practice is based at the Hinterland Business Centre, Coral Street. Monday, Tuesday, Wednesday  
Telehealth appointments also available.*

*www.edenlavender.com.au*

*Instagram- @edenlavender\_naturopath.*

*Information is for educational purposes only and not intended as a substitute for health care advice.*

*Please consult your friendly local naturopath, herbalist or other health care practitioner for personalised advice, particularly if you have a diagnosed medical condition or take pharmaceutical medications.*

# JUNE SPECIALS

## NUTRA ORGANICS BROTH RANGE



Made from premium ingredients, sourced locally in Northern NSW. Every ingredient is hand-selected, to ensure they meet stringent quality standards and are organic where possible. Available in Chicken, Beef and Vegetable varieties.

## NUTRA ORGANICS BONE BROTH CONCENTRATES



Flavour-packed with collagen, protein and zinc to support immunity and gut wellbeing. Add to meals or make a fast, warming drink. Three varieties;  
Natural Beef  
Lemon, Ginger and ACV (Apple Cider Vinegar)  
Native Herbs.

**15% off.**

**Members receive a further 5% off  
the discounted price!**

## TURBAN CHOPSTICKS CURRY PASTES



These pastes have the finest, natural, clean ingredients with no added artificial colours, flavours and preservatives. Everything is handmade in Western Australia in small batches. Vegan. Free of shrimp pastes, dairy or fish sauce. Safe for people with allergies or gluten intolerance.

## TULSI ORGANIC INDIA TEAS



These teas are Certified Organic, Fair Trade and are grown using ancient Ayurvedic and bio-regenerative methods. Our discount applies to the whole range.



# WHAT'S NEW

## NOURISH HAND WASHES



From Earthwise, these Vitamin E-enriched hand washes are available in;

- Berry Blossom,
- Coconut and Vanilla
- Lemongrass and Mānuka Honey

## THE MEDICINE ROOM BLUE LOTUS RANGE

This new range is suitable for all skin types and is designed to create relaxation and calm.

Contains orange blossom for toning and chamomile flower for stress relief.



## ALTER ECO TRUFFLE THINS



Chocolate bar meets chocolate truffle!  
Indulgent Ecuadorian cacao surrounds a thin truffle filling of Mint Crème or Salted Caramel.

## MORE NEW PRODUCTS:

Nutra Organics bone broth concentrates (on special this month)

Pepa's Black Garlic Salt - made in Maleny with love.

# WHAT'S ON



Come along to raise funds for the Maleny Neighbourhood Centre; a lively and entertaining evening with great auction prizes - accommodation, meals, experiences and gift hampers. Thank you to our generous community for the prizes. Get in early - book your tickets at [www.ticketebo.com.au/mnc\\_trivia\\_night](http://www.ticketebo.com.au/mnc_trivia_night)

## CO-OP ENTERS HALL OF FAME



Elke Watson, Co-op Board Chair, recently accepted our entry into the 'Glassies' Business Awards Hall of Fame. Thanks to whoever nominated the Co-op.

*P.S. MEMBERS' DRAW* The winner of last month's draw is posted in the display box outside the Co-op



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