

CO-OP NEWS



JUNE 2026

SHOP LOCAL, LOVE THE PLANET

BY DOMINIKA HLAVATA

Every purchase we make is a vote for the kind of world we want to live in. In a world of one-click shopping and next-day delivery, it's easy to forget that our everyday choices ripple far beyond our doorstep. But here's the thing – where you spend your money matters enormously. Choosing to shop locally is one of the simplest and most powerful ways we can care for our environment, support our neighbours, and reconnect with the community. And it is easier than you might think.

LOWER EMISSIONS, LIGHTER FOOTPRINT

When you buy from local producers and businesses, your goods don't need to travel hundreds or thousands of kilometres to reach you. Fewer trucks on the road and less air freight means significantly reduced carbon emissions. Locally grown vegetables, herbs, or baked goods from your local market have a fraction of the carbon footprint of something shipped from overseas.

CLEANER FOOD, HEALTHIER SOIL

Local growers, especially those using organic and regenerative practices, tend to rely far less on synthetic pesticides and fertilisers. This means healthier soil, cleaner waterways, and food that's genuinely nourishing. When we choose organic and locally grown, we're protecting the living systems that sustain us all.

STRENGTHENING OUR LOCAL ECOSYSTEM: BOTH HUMAN AND NATURAL

When money stays within our community, it supports local stewardship of the land. Local businesses are more likely to care about the places they call home, invest in sustainable practices, and protect the natural spaces around them. A thriving local economy and a thriving local ecosystem go hand in hand. And here's a bonus reason: local food is seasonal. Eating with the seasons reduces the energy needed to grow and store out-of-season produce, and reconnects us to the natural rhythms of the Earth.

Come celebrate with us this June! We're proud to be part of WEDFest 2026 – a month-long series of climate action events themed around seeking solutions for a safer, resilient, and sustainable future. Join us for two of our upcoming events:

- 6TH JUNE – Backyard Biodiversity: Belonging to the Web of Life

Discover how your own backyard can become a sanctuary for wildlife and a gateway to deeper connection with the living world.

- 13TH JUNE – Building Wildlife Habitats

Get hands-on and learn how to create thriving habitats that welcome native creatures back into our neighbourhoods.

We'd love to see you there!

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.



WINTER WARMERS

BY ASHA O'DONNELL



The Co-Op is welcoming Winter and embracing the cooler months as we make our way into the beginning of June – with our shop packed full of goodies, we've got everything to keep you cozy this season!



Our Australian Organic Food Co. soup packets are flying off the shelves. Whether you want to pair a delicious tomato soup with a cheese toasty or cuddle up with a hearty bowl of minestrone, these soups are bound to have you asking for more. Our Australian Organic range now has a new home in our updated aisles, so please feel free to ask one of our friendly team members to point you in the right direction.



Local producers Fable Ladle are now stocking some delicious preserves in our spreads section. Make sure to pop in on your next shop and have a browse of the fantastic range of jams, jellies, pickles and honeys we have available in store.

Weleda Skin Food is a wonderful addition to your Winter skincare routine. Formulated with soothing ingredients and nourishing plant oils such as lanolin, beeswax, pansy, chamomile and calendula, this moisturiser is a must-have during those dry months where your skin is looking for a little extra care. And the good news is, it's a universal lotion! Skin Food can be used on the face, hands and body, and also comes in a Light version for those looking for a thinner formulation. You can check out the whole Weleda range in our skincare section.



Our Etikette candle range is an excellent addition to any home this Winter. With scents like spiced cocoa and vanilla, your home will smell delectable. Sizes run in both a small (175mL) and large (500mL) and come in more than 10 different scents. You can find our entire Etikette range in the front window next to our produce fridges.



For all this and more Winter inspiration, chat to our friendly staff in-store or have a look for yourself on your next visit.

WHY MEDICINAL MUSHROOMS ARE HERE TO STAY

BY DARINA BODNAROVA

“Without leaves, without buds, without flowers yet they form fruit – as a food, as a tonic, as a medicine, the entire creation is precious” - Chang

We are a little bit obsessed with mushrooms right now, and for good reason! Mushrooms have been used by humans as food and medicine for thousands of years. They are rich in proteins, carbohydrates, fibre, vitamins and minerals and contain a plethora of beneficial active compounds.

The most abundant and well researched bioactive constituents are:

- Polysaccharides (Beta-glucans) - this is an active compound which has immuno-modulating properties to support the immune system. It has also shown an anti-cancer response within the body and is antimicrobial.
- Antioxidants (glutathione and ergothioneine) - these help to reduce free radical damage to body cells.
- Triterpenoids - these are bitter tasting compounds which have adaptogenic, cholesterol lowering and liver protecting properties

Medicinal mushrooms can be considered tonic herbs, which means they are suitable for long term use. They cause no harm to the body and help us to adapt to a range of environmental and emotional stressors. They provide support in all major body systems, including immune, nervous, hormonal and cardiovascular. The benefits usually accumulate over time if consumed regularly.

Because of their medicinal properties and beneficial effects on health, they are constantly researched and investigated.

By now you are very likely familiar with some of the medicinal mushrooms and their uses, let me summarise the ones that are most commonly found on our shelves:

LION'S MANE

Lion's mane is known as a brain and nervous system boosting tonic.

The main active components of

Lion's mane mushrooms are: hericenones and erinacines, which stimulate the growth of brain cells. It is used traditionally throughout Asia and believed to “give one nerves of steel and the memory of lion.”



Benefits

- Enhances concentration and memory
- Encourages brain tissue regeneration
- Increases cognitive function
- Immune modulating
- Reduces inflammation in the digestive system
- Reduces anxiety and mild depression

REISHI

Reishi is considered the “Queen” of the mushrooms, and is known throughout Asia as the mushroom of immortality.

This mushroom tonic is believed to be of great spiritual potency, it tonifies qi (life force) and brings peace to the body and mind.



Benefits

- Managing chronic and autoimmune conditions
- Insomnia, headaches, irritability
- Immune system support
- Prebiotic activity (increase in diversity of gut microbiome)
- Increasing vitality
- Great for long term chronic immune depletion
- Post-viral syndrome support

CHAGA

Chaga is known as the “King” of the mushrooms, it is believed to be the most adaptogenic substance on earth, increasing the body's ability to adapt to environmental and psychological stressors.



Benefits

- Immune modulating
- Antioxidant
- Anti-fungal, anti-viral and antibacterial
- Nutrient dense

SHIITAKE

Japanese refer to shiitake as the elixir of life.



It is a medicinal, as well as a culinary mushroom. It is high in B vitamins, minerals, protein and iron. In the last 30 years, studies have shown a reduction in several types of tumours due to it's active compound lentinan.

Benefits

- Strengthens respiratory and cardiovascular systems
- Immune modulating, supports innate immunity
- Prevents infections
- Improves circulation (blood vessel health)
- Decreases inflammation
- Improves gut immunity and aids in microbiome support

CORDYCEPS

Cordyceps are also known as caterpillar fungus, as it grows on the larvae of insects. This mushroom is especially good for fatigue, libido and kidney support. It is a strong tonic that builds physical power and restores energy.



Benefits

- Increases cellular energy by increasing oxygen absorption
- Improves respiratory function
- Strengthens kidneys and adrenal function
- Provides greater stamina and endurance in exercise

TURKEY TAIL

Turkey tail mushroom contains very well researched compounds PSK and PSP, these active compounds are approved in Japan as an adjunct treatment for certain cancers alongside chemotherapy.



Benefits

- Supports the immune system
- Supports liver and gut
- Neuroprotective effect
- Reduces inflammation
- Antioxidant support
- Works as a prebiotic and feeds beneficial gut bacteria Lactobacillus and Bifidobacterium

There is a variety of medicinal mushroom supplements, available in capsules, powders and liquid extracts. I love using them, as they are easy to include in your every day regime, by adding them to your morning beverage, soups or smoothies. They work well on their own or in combination. When numerous medicinal mushrooms are taken together, they have a synergistic effect, increasing their potency and efficacy.

If you feel medicinal mushrooms are something you could benefit from, come in and have a chat to one of our naturopaths to help you choose the right mushroom or mushroom combination for you!



NEW SAUCES AND PRESERVES!

From Undivided Food Co. We now have their Good Sauces range in tomato ketchup, BBQ sauce and Sweet Chilli.

NO refined sugar, artificial sweeteners or erythritol NO artificial flavours or additives NO gluten and NO evil nasties.



Made with extra virgin olive oil and no seed oils, this new crispy chilli oil is “all crunch and no junk” spicy, garlicky goodness you’ll want to drizzle on everything.



Josh & Sue’s range of Harissa! We have original harissa paste, rose harissa and preserved harissa..

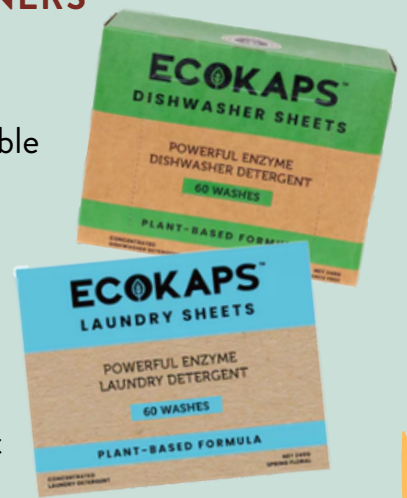
These were taste tested by our team on a fresh baguette and received glowing reviews!



We’re now stocking the whole range of jams, chutneys and infused honeys from local creators ‘Fable Ladle’ who also stock us with their range of vegan cheeses.

NEW ECO CLEANERS

Local company ECKOKAPS offers plastic-free, dissolvable detergent sheets for both laundry and dishwashing that are plant-based, vegan-friendly, and pre-measured to prevent waste.



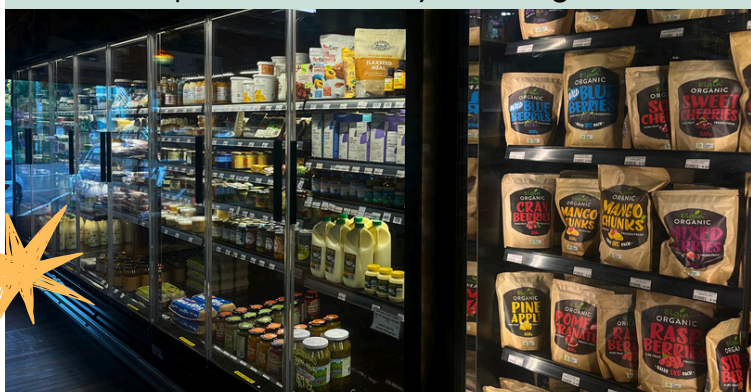
The Euclove range consists of 100% natural, plant-based cleaning and personal care products made in Melbourne, Australia. Their products are formulated with pure essential oils like Eucalyptus, Clove, and Tea Tree, and are safe for families, pets, and septic systems.

OUT WITH THE OLD, IN WITH THE NEW: STORE LAYOUT UPDATE

BY ASHA O'DONNELL & CHARLOTTE FOGARTY-
HENDERSON

If you've come in for your regular shop at the Co-op over the last few weeks, you may have noticed some big changes to our store layout! With help from our amazing staff, construction crew and a few handy Co-op members, we've assembled brand new shelving, rearranged aisles, installed brand new fridges and freezers, and added some exciting new product lines.

Our aim? We wanted to increase the space we had to make way for more cold and frozen lines, reduce the power needed to cool the store, and improve the overall layout of the store to further improve accessibility and feng shui.



DID YOU KNOW?

The addition of our new fridges and freezers has lowered our energy usage as the compressors are outside the building, significantly reducing the aircon usage in store. We're putting our Co-op principles in action by delivering climate-friendly solutions to our community.

The new, professional looking cabinets have been receiving wonderful feedback from our customers and staff.

Maple Street Co-operative Society Ltd
37 Maple Street, Maleny Qld 4552
Phone: 07 5494 2088



With all this new space, we also encourage customer suggestions for new product lines, so do make sure to let our team know if there's anything you would like to see on our shelves! Feel free to email us at info@maplestreet.coop with any suggestions.

We have also made some small tweaks to the location of some of our stock, including our vitamins, confectionary, baby and menstrual products, books and bread. Don't worry, even we are still adjusting! If you need any assistance in locating a products, please feel free to approach the team with any enquiries and we'll be sure to point you in the right direction.



We're so pleased that we've been able to improve accessibility of our store and have had some really positive feedback from some of our customers who use wheelchairs, are aided by assistance dogs, and have prams. We're proud to continue growing and providing for our locals, and we'd like to thank our Co-op members and the surrounding community for their ongoing support!

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