



SEPTEMBER 2025

HOUSING NEEDED – CAN YOU HELP?



We're putting the word out: some of our exceptional Co-op staff are struggling to find secure and affordable housing in our community.

Since 2020, housing prices across the Sunshine Coast and the country have skyrocketed, with prices here rising by over 70%. Meanwhile, wages have increased by less than 10%. And with the explosion of short-term holiday rentals like Airbnb, it's now harder than ever to find a long-term rental here on the mountain.

We're appealing directly to the members and customers of our Co-op community:

👉 Do you have a house, unit, or granny flat sitting empty?

👉 Could you consider turning your short-term holiday rental into a long-term home for someone who truly needs one?

We are at risk of losing valuable members of our community, people who grew up here, who work here, who contribute daily to the fabric of Maleny, because they simply can't find a place to live.

This crisis is bigger than one household. It's about the future of our town.

If there are no homes, there will be no workers to keep our cafés, shops, and services running. The laid-back, supportive community that attracted so many of us here in the first place is under threat.

What kind of community will we be if we don't have people left to care for it?

Safe, secure, and affordable housing is a human right. If you have something available, whether it's a room, a flat, or a whole home, please consider renting to a fellow community member.

Our staff in need of housing are tidy, reliable, and respectful tenants, and we're happy to provide references.

✉️ If you can help, please email Charlotte at:
shopmanager@maplestreet.coop

Let's support each other the way Maleny always has.

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.

AN (ABSOLUTELY) ORDINARY MONDAY —AFTER LES MURRAY

This morning, the town drowns in mist thick
enough to mute those footsteps fading into it.
At a café—open to the street—she’s in
the queue ahead of me, a woman whose young
family lives on land on the southern side
of Bridge Creek. I think I know her name
but doubt myself. But when she turns, I say it
anyway. She smiles hello. This, while I text
a friend I’m meeting here—to see if she wants
to bring her dog along; I take a table
on the footpath just in case.

Outside,

I see the woman has her son with her;
he slides a bench and nestles against his mother’s
body. This brume the colour of ash, in places
white as lace, has the town in its grip,
and the world—like a monk—shrinks inside
herself. This morning is all we have, and we’re better
for it, the quiet simplicity of a town that knows
itself. My friend and her black Labrador
—a blur in the fog—emerge and join me at
the table. The dog lies her head on her paws,
untroubled by time in all its passing.

At the table

adjacent to ours, the woman’s husband comes;
he bends to kiss his son’s head then steps
around the table. On this ordinary
Monday in an ordinary town,
his wife rises from her seat, he takes
her hand, and they lean in and kiss above
the table. No rays of sunlight pierce the mist
to illuminate the gloom in which they stand.
No symphony rises to crescendo. Just this,
a well of love that wakes a joy in passers-
by—who find themselves alive inside this moment.

AGM NOTICE!!!!



Our 46th AGM is coming up on October 29th and we're excited to see host our members for what should be a lovely community event. As 2025 marks the international year of co-ops, the theme being 'co-ops build a better world', we've decided to spice things up this year and attempt our first series of panel discussions! We'll have short panel discussions with a selected group of staff, producers and board members. More information about the lineup incoming. We'll be sending out a questionnaire so you can submit any questions for our groups to answer on the evening.

Our AGM registration will start at 5:30pm for a 6:00pm start and will be held in the Verandah room in the back of the Community Centre, catering provided, and alcohol will be available to purchase from the bar. If you would like information on nominating to join our wonderful and highly skilled board of directors, reach out to us at info@maplestreet.coop and we can send you the nomination kit and relevant information. We look forward to seeing you there!



Here's to 46 years of Maple St Co-op and counting!



Photography by Ketakii Jewson-Brown

Local • Organic • Ethical • Earth Friendly • Wholefoods Grocer

WOODFORD MICROGREENS HAVE ATTAINED THEIR ORGANIC CERTIFICATION!



“Hi I’m Matt, the grower behind Woodford Microgreens. I feel very lucky to be one of the many local growers and small businesses that the Co-op supports and promotes weekly in a community who value not only connection to each other but also their food.

5 years ago, in a cold Melbourne suburb as Covid 19 approached, I started a deep dive into vegetable germination techniques for my aquaponic system to grow my own food. I stumbled across microgreens, and everything just snowballed from there. I have always had a passion for farming, but never did I imagine that this is where I would end up, now microgreens are my jobby. Not what I consider a job, but a hobby.

We have been growing and supplying microgreens every week to the amazing team at Maples St Co-op for just over a year now and it is brilliant to have our product constantly enjoyed by our community, week in week out. There really is great joy in knowing that people around you appreciate the product that I love producing. When I started the business, the goal was to build a sustainable, low input, high output, small footprint farm that was also reflected in the nutritional benefits for our community. At this point I feel I have achieved that goal and now we have expanded to the Sunshine Coast and Brisbane.

From the beginning, I believed that such a brilliant food source needed to be as pure as possible and naturally, I have always grown to an organic standard for my own peace of mind. Early this year I was quite happy to gain my organic certification which was a great milestone for me and the next step in my journey to provide local, support local and most of all, BE local.

Currently we grow 10 main varieties including, broccoli, sunflowers, pea shoots, mustard and radish just to name a few and we are also jumping into grow micro herbs to zest up some new mixes. So keep an eye out for any new flavours and keep eating clean!”

Matt’s range of certified organic microgreens are delivered fresh each Tuesday, a staff and customer favourite, they are a great addition to any dish. Loaded with high concentrations of vitamins, minerals, antioxidants, and polyphenols, which contribute to a boosted immune system, reduced inflammation, and more! And they are delicious, too.



FROM POLLEN TO PREVENTION: HERBAL ALLIES FOR MANAGING SEASONAL ALLERGIES

by new staff member and naturopath - Samantha



With springtime on the horizon, many of us on the range are welcoming the seasonal change, eager to soak up the warmth, and enjoy the blossoming scenery. However, for some, you might instead be reaching for your allergy medication or tissues. Around one in four Australians suffer from seasonal allergies or hay fever, with many finding the symptoms to be truly debilitating. I used to struggle with them myself, constantly sneezing and with a nose that wouldn't quit! Over time, I've found that learning the root causes of these reactions has made a real difference in my journey to overcoming my springtime aversion.

Susceptibility to hay fever varies among individuals, influenced by a unique combination of factors. A family history of atopic conditions, early-life microbial exposure, impaired hepatic function, or imbalanced immune and gastrointestinal system can greatly increase sensitivity. Additionally, nutritional deficiencies, stress, and pre-existing respiratory conditions can also exacerbate symptoms. Together, these explain why some react strongly to pollen, dust, mold, or strong scents, while others remain largely unaffected.

So what can we do instead of just relying on pharmaceutical antihistamines and fighting to hold back our sneezes? Try supporting these three biological pathways with herbs to find relief from seasonal sniffles.

Support Liver Detoxification:

Our liver metabolises histamine, the key mediator of allergic responses. Impaired hepatic clearance can lead to elevated histamine levels and intensified symptoms. Supporting our phase II liver detoxification can be as easy as incorporating more cruciferous vegetables, antioxidant-rich & bitter foods. But if you are looking for effective herbal supports, my recommendations are: nettle, turmeric, burdock, dandelion and globe artichoke

Balance Immune Response:

A hyperactive immune system can make us more sensitive to allergens. By working with herbal allies that are both immunomodulatory and anti-inflammatory, like echinacea purpurea, baical skullcap, reishi, garlic, and thyme, we can assist our bodies in regulating immune activity and reduce exaggerated responses.

Aid the Respiratory System:

Those with respiratory conditions like asthma, bronchitis, or prior viral infections may find themselves more prone to hayfever. Supportive anti-allergic and anti-catarrhal herbs such as albizia, eyebright, elderflower, mullein, peppermint and eucalyptus can reduce congestion, soothe the throat and keep the airways open.

There are plenty of herbal helpers out there for allergy season, and if used sensibly and proactively, they can work as great preventatives. However, before stocking up on supplements, have a quick chat with a practitioner to get the right fit for your body. Our wonderful team of naturopaths are available in store and can assist with identifying potential triggers and recommend targeted dietary and lifestyle strategies.

Samantha is a Naturopath with an interest in supporting individuals with allergic, immune, and chronic pain conditions. She focuses on creating strategies that are practical, accessible, and easy to fit in daily life. If you are looking for private consultations and or want to stay in touch and find Samantha on her Instagram @catandfernau

CO-OP SPOTLIGHT - SAGE ROOM 2025 - INTERNATIONAL YEAR OF CO-OPERATIVES



FINDING CONNECTION, BUILDING COMMUNITY

In a world that often pushes us to go it alone, we've learned something different - life is richer when we walk alongside others.

The women of Sage Room Co-op first met through local events and shared workspaces. At first, it was about our individual small businesses - swapping advice, sharing resources - but over coffee chats and countless conversations, something deeper grew. We became a community. We learned each other's strengths, celebrated wins big and small, and showed up for each other when things got tough.

In 2023, we gave our connection a home. We officially became Sage Room Co-op - a worker co-op of small business owners collaborating to help other small businesses thrive, so they don't have to do it all alone. With a common value of doing and providing meaningful work through business support and development across sectors, we are not just for profit - we value people and planet as much as business outcomes.

Together, we've discovered:

- Shared strength - Whether it's a tricky problem or a personal challenge, we know we don't have to face it alone.
- Mutual care - We value each other's skills, time, and wellbeing, and make space for life as much as work.
- Moments that matter - Weekly coffee check-ins, laughter between meetings, and twice-yearly retreats that recharge more than just our business plans.

Our co-operative supports projects that align with our values - whether that's helping an entrepreneur with a disability grow their venture, backing an organisation that empowers bystanders to act against violence, discrimination, bullying, or harassment, or running workshops that encourage women business owners to celebrate their wins.

Looking ahead, we're developing new offerings: public business retreats, a "co-ops supporting co-ops" service, and tailored small business support. For us, collaboration isn't just about getting things done - it's about belonging. We believe everyone deserves a circle that lifts them up, in business and in life.

Visit www.sageroom.com.au to learn more about what we do and who we are. You never know - our story might just inspire yours.

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

✉ sales@maplestreet.coop
🌐 www.maplestreet.coop
📘 fb.com/maplestreetcoop
📷 [@maplestreetcoop](https://www.instagram.com/maplestreetcoop)