co-op NEWS

May 2020

Meet Kat and Dan from Mountaintop Mushrooms

Our growers of the month

Mountaintop Mushrooms is a gourmet mushroom farm based in Montville, created by locals Kat and Dan. The business came from a desire to cause less harm to the environment and to grow organic food for their local community. This interest originally led them from Perth, to Crystal Waters Eco Village where they spent 12 months studying and learning about Permaculture. The farm is 2 years old this month! After successfully raising $12,000 through a crowdfunding campaign, the farm is currently undergoing an expansion to increase capacity and add more varieties of mushrooms. They are most well known for their wide range of seasonal oyster mushrooms, their outdoor log grown shiitakes and the wonderfully medicinal lions mane. Look out for their fresh punnets in the fruit and veg section!

TEMPURA MUSHROOMS

The best way to have the Mountaintop Mushrooms is as tempura with a nice green salad.

The trick for a simple tempura batter that is light is to reduce the gluten by using iced water and minimal stirring.

Use chop sticks and don't worry if it's still lumpy - cold and quick is the secret.

Ingredients: 2 cups flour • 1 egg • 2 cups water with heaps of ice • oil for frying

Only mix up when you have mushrooms chopped up to bite size and the oil hot ready for frying.

Mix egg and ice water in a glass or bowl and add to flour as you go.

Quickly mix to light batter in centre of bowl, dunk mushrooms and fry in batches.

Add more liquid and quick stir in more flour from bowl edges as you do each batch.

Quick and easy based on the recipe at https://www.sbs.com.au/food/recipes/basic-tempura (with thanks to SBS)

New to the Co-op- Hakoora Foods Falafels

Hakoora Foods make easy-to-use, healthy plant-based alternatives, drawing on age-old recipes from their Middle Eastern roots. Combined with fresh ingredients from the local bounty of Sunshine Coast farmers, their falafels are unlike any others you have tasted – moist, green and full of nature's goodness.

At their heart, as a small Australian family business, they are about creating togetherness, the warmth of gathering family and friends round a table full of nourishing foods $7.25 for a 300g packet members price $6.88

Taking skin care from blah to brillant with Acure Organics Skin and Hair Care Range

Acure Organics is catered towards those who genuinely care about their skin and hair – not just for beauty, but for health too. Acure produces oils and products for your body, hair, and face. All their products are natural, organic, and cruelty-free. In short, they are good for you, and good for our furry friends too.

Great gift for Mothers Day!

Get your veggie patch going

with our new locally grown organic seedlings

Great winter varieties all-$1.20ea

Autumn brings a bounty of orchard fruit.

in season now!

Red Sensation Pears- Enjoy them raw or cooked. High in fibre and contain fair amounts of vitamins C, K, B2, B3 and B6. Excellent poached as they stand up well to cooking but when they are this good raw is the way to go! Allow pears to ripen for 3-5 days at room temperature. Once ripe they can be kept in the refrigerator for up to 4 days.

Pink Lady Apples- Naturally crossed between a Golden Delicious and a Lady Williams. They have a crunchy texture and a tart taste with a sweet finish. The white flesh is juicy and crisp, and offers a “fizz-like” burst of flavor.

INFORMATION RE CORONAVIRUS (COVID-19)

We would like to thank all members for their continued custom and adapting to our current operational measures.
We are implementing some changes to trading hours.
Please see below.
For the safety of members, customers and staff we have already implemented changes such as:

- Limiting the number of customers in the shop at any one time.
- Encouraging customers to shop on their own and to minimise their time in the shop.
- Not accepting cash due to the additional risk and extra cleaning required.
- Only accepting clean customer containers for bulk products as these must be handled to weigh. New container are available to purchase if required.

If the new hours or limited access are causing you any problems then please contact us as we are happy to assist.
If you can't come into the shop then you can arrange a pickup by ordering via an email or via our order form at order.maplestreet.coop
Please order at least the day before if possible as we can't guarantee a same day service.

NEW COVID-19 OPENING HOURS

Monday–Saturday 9am - 4pm
Sunday 9am - 3pm

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