

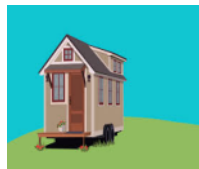


# co-op NEWS

August 2019

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## Small house project update



### 'Turning of the sod' 23rd August 9am

We have has partnered with CHASM to put a tiny home display building at the rear of the Co-op's block.

With the house and installation plans now progressing, CHASM are planning an official launch event with Councillor Jenny McKay, who has agreed to be part of the ceremony on the land at Bicentenary Lane, Maleny.

All members are welcome to come along and help mark this key milestone.

## Co-op Garden Working Bee



**Saturday 10th August** come and help us prepare the site for the 'little cabin in the garden'. Bring your own gloves from 9am till noonish. Snacks and coffee available, we'd love to see you there!

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**Need a quick and nutritious meal? Why not try Live Foods Cafe red lentil & coconut dahl**

## Meet Andy, our supplier of the month

Not only a great winter warmer, but a good source of vegan/vegetarian protein. Andy sprouts the lentils before cooking to ensure you're getting the full health benefits of the curry, and it's much better for your digestion too! Our two-serve pack is only \$12.95

# Nothing tastes better than fresh bread!

Whether you're trying to eat organic, gluten free, sourdough or sprouted we have a great variety of breads that get delivered daily.

Almost everyone loves bread, and many people eat it every day. However, "bread" can mean different things. Varied bread-making ingredients and methods mean there's entire world of bread to try. Here's the list of our delicious breads and the deliveries days.

## Monday

- **Sol Bread Bakery**- Handcrafted and stone baked in the slow,time-honoured tradition using sourdough and stone ground organic flour. They also make one of our most popular varieties of gluten free bread, Rice & Pumpkin.

## Tuesday

- **Britt's Organic Bakery**- (Every second Tuesday)They use a very particular Leavain (starter culture) which has been actively used in their breads for over 10 years, giving it a unique yet incredibly tasty profile. Gluten free varieties include millet and quinoa.
- **Seed produce Company**- At Seed Produce Company, they believe that gluten free does not mean compromising flavour or texture and we agree. One of the staffs favourite gluten free breads.
- **Walters Artisan Bread**- Their sourdough breads are all long fermented over three days and made with just a few simple ingredients, organic flour, salt and filtered water and absolutely delicious.
- **Gold Coast Bakery**- Their Golden Hearth range has something for everyone. Each loaf is made in Queensland from locally sourced ingredients giving you wholesome, nutritious bread.
- **Leavain**- Leavain Bakery is a Brisbane based baker of authentic artisan organic breads and patisserie using certified organic stone ground flours and leavain or sourdough as the leavening/culture agent. The breads and cakes also contain other certified organic and natural ingredients.

## Wednesday

- **Sol Bread Bakery**- Second delivery for the week.

## Thursday

- **Ancient Grain Bakery**- Ancient Grain Bakery was created in 2008 to fill a need for whole grain gluten free, dairy free and egg free foods. People who follow a gluten free diet should have easy access to the whole grain goodness of amaranth, teff, sorghum, buckwheat, oats and millet.
- **Seed produce Company**- Second delivery for the week.
- **Walters Artisan Bread**- Second delivery for the week.
- **Gold Coast Bakery**- Second delivery for the week.

## Friday

- **Sol Bread Bakery**- Third delivery for the week.

## Saturday

- **Crystal Waters Bakery**- Locally made naturally fermented sourdough loaves and pizza bases, made entirely by hand from organic stone-ground flour and baked in a wood-fired oven.
- **Gold Coast Bakery**- Third delivery for the week.



# More bread in stock everyday

**Gluten Freedom-** This range uses time-honoured sourdough fermentation methods and marries them with a more innovative and dynamic flavour profile.

**Venerdi-** They gathered the conventional ideas about baking bread and said their goodbyes. Their philosophy more whole foods, less waste and simplification of ingredients and more fermentation.

**Mountain Bread-** Specialises in the production of a unique flatbread.

**Pure Life Sprouted Bakery-** Rather than using a flour, their breads are made from activated and sprouted whole grains and seeds.

**Ancient Harvest Wraps-** 100% vegan, GMO free, Fodmap friendly and paleo.

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## All health begins in the gut- Part 1

### From our Naturopath



### Pascale Richy

Research of the human gut microbial complex, or gut “microbiome” has taken the world of science by storm, bringing evidence and understanding to a long held truth – all health begins in the gut. This organ that is comprised of approximately ten times as many non human cells as human cells is the key to not only our health but our very function, in all aspects from digestion and immune resilience to metabolic and behavioural tendency. So it is vitally important that we treat this inner world with the upmost care. Here are some hot tips to get you started and in part 2 the discussion will delve into some more diet and environmental factors

#### Less is more!

1. Avoid commercial produce grown with herbicides and pesticides – these chemicals are designed to kill flora and fauna in the field and have the same effect on the good bacteria and yeasts within our digestive tracts. Furthermore glyphosate blocks the

synthesis of essential amino acids such as tyrosine, tryptophan and phenylalanine, the building blocks for neurotransmitters (NT’s). This leads to neurological dysfunction not only effecting mood, but as the gut has a huge neuron network, depletion of NT’s can result in bloating, acid reflux, constipation, eventually impacting both the correct composition and location of intestinal bacteria (SIBO alert!).

2. Say no to GMO – genetically modified to withstand higher amounts of the above mentioned disruptive chemicals.

3. Reduce consumption of foods and beverages that have a destructive effect on both the microbiome and its environment (the gut lining), such as processed foods; preservatives; refined sugars; alcohol; trans fats; excess animal protein; anti-nutrients such as lectins, phytates and oxalates; excess high starch grains, fruits and vegetables.

Continued over...

## More is more!

1. Eat more certified organic and local seasonal spray free produce. Fresh is best so make an effort to find out when your produce is delivered and plan your meals according to what's available, not what is in your recipe book. Using fresh herbs and spices along with the richness and flavour of healthy fats such as virgin olive and coconut oils or grass fed butter will train your appetite and taste buds away from processed foods.

2. Increase your low starch (LS) vegetable intake. Wait didn't I just say that in the last point? Most of us, whether vegetarian, vegan or omnivore don't eat enough of these plant medicine powerhouses, which give us an abundance of phytochemicals with health promoting properties such as antioxidant; anti-inflammatory; anti-

cancer; alkalisng; endothelial restorative; collagen forming; immune boosting; detoxifying and hydrating, without the high starch/high carbohydrate pitfalls of grains, legumes, root vegetables and most fruits. These LS foods are also high in fibre, which give us better bowel regularity but most importantly feed the good bacteria that keeps us healthy. As opposed to high starch foods, that are also important but required in far lesser amounts, they do not contain the high levels of carbohydrate (aka glucose) that can negatively impact our gut bacteria by feeding the less beneficial sorts.

3. Buy your meat, eggs and dairy organic and pasture fed. If the animals you eat are full of pesticides, environmental chemicals and anti-nutrients that deteriorate the microbiome, then so are you. Yes it's expensive... less is more... eat less animal protein, more low starch veg!!!!

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## ***Sick of throwing out those pesky little bread tags and soft plastics?***

*Heres some top tips for recycling in Maleny*

- Barung landcare are now recycling bread tags and plastic pens of all types.
  - IGA Maleny have a softs plastic recycling bin.

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