



# Co-op NEWS

## May 2021

### Meet the Producer...

#### Annie Wall of Crystal Waters

#### Producer of Skye Chai



Skye Chai is a perennial best-seller at our Co-op. Exclusive to the Co-op and Crystal Waters' Flower Pot cafe, it has been hand-ground and created by Annie for decades. "The chai is pretty much the same recipe from when the original Chai Tent team created it back in the 80s at the Maleny Folk Festival, now the Woodford Folk Festival" Annie tells us.

It was named after Skye who travelled internationally, coming home every year to work the Chai Tent. The distinctive blue packaging has stayed the same with minor tweaks." So each time you made this fabulous chai you have a little bit of Woodford in a mug.

It's very much a Queensland product with the black tea sourced in the Daintree, the whole spices thorough Hervey Bay and ground by hand in small batches in Crystal Waters.

"I love making it" says Annie "and getting the grind just right for each spice. Every one has its own level in the brew, from the base of bay leaf, the punch of cinnamon and ginger with the star anise sitting quietly among the rest. Start the brew with cold water, perhaps adding some fresh ginger and bring to a rolling boil then switch off. It's important not to over boil to keep the delicate flavours"

**Skye Chai \$13.95 (members \$13.25)**



[www.woodfordfolkfestival.com](http://www.woodfordfolkfestival.com)

*So much more than a health food store*

## **Collagen - the stuff that holds you together like glue!** **by our Naturopath, Pascale Richy**



Collagen is a protein that your body makes naturally and is the main component of connective tissue. It is found in many parts of the body including hair, skin, nails, eyes, bones, cartilage, tendons, ligaments, blood vessels, teeth and intestines.

Making up 25% - 35% of the whole-body protein content, collagen provides structural support which holds your body together and strengthens tissues. In the skin it provides moisture and elasticity; when mineralized it becomes rigid and makes bones and teeth strong. In the tendons it is more compliant and allows controlled movement of muscles and attaches them to bone while in cartilage its flexible but robust fibres provide shape to some parts of the body, and acts as a cushion between bones in joints. In the eyes it provides both the hard fibrous and more watery gelatinous materials and in the gut it gives structure and integrity to the lining which allows both proper absorption and barrier protection. Throughout the body it gives bulk, shape, and support to your blood vessels

and organs, such as your liver, kidneys, and heart.

With aging our natural collagen production slows down, losing as much as 50% by age 60. It is damaged by oxidative stress caused by nutritional and lifestyle factors such as smoking, alcohol consumption, poor protein digestion, micronutrient deficiencies, poor sleep quality, high sugar consumption, excessive sun exposure and high amounts of stress. This causes visible signs of aging such as wrinkles and sagging muscles but also contributes to the less visible effects of weakened organs and structures.

For positive aging and a healthy gut we need to protect and build our body's collagen by consuming amino acid-rich foods. Mostly these are derived from animal sources such as meat, fish and eggs. Whilst bone broths have traditionally provided a medicinal quantity of this vital nutrient, collagen supplements now give us a concentrated source, great for smoothies, breakfast cereals, meals, drinks and desserts.

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### **Last Month's Prize Draw Winner**

Every member spending over \$50 on any day in the Co-op automatically goes into the draw. Our April winner of the \$100 Neoflam pan is Gordon Halliday  
Member Number 1851!

## May Specials Autumn Skin Care

### Edoxia Face and Body Oil

Made on the Sunshine Coast Hinterland  
Made in a local apothecary, this luxurious  
oil is hand-crafted in small batches.  
Natural and organic.  
A favourite with Co-op members!



### Weleda Skin Food Range



Since 1921, Weleda have been developing certified natural skincare that connects people with nature. Proudly NATRUE certified, the first internationally recognised quality seal for organic and natural beauty products



Our specials this month are indulgent and pure, vital for looking after your skin during our windy Autumnal season

Great for a treat for Mother's Day, or yourself.

Located in Noosa this company is passionate about conservation and uses natural and certified organic ingredients. These balms are made from cacao butter, coconut oil, Candelilla wax and jojoba oil and come in vanilla, coconut or mint flavours  
Fully compostable packaging

### Noosa Basics Lip Balms



Perfect for sensitive skin. Use just a little for gentle cleansing. Australian made and cruelty-free



### Moo Goo Milk Wash



Authentic organic products are certified.  
Buyer beware - there's lots of 'green wash' out there!

## Member Spotlight

### Peter and Jill Cutting



Jill and Peter Cutting have been members of Maple Street Co-op since moving to Maleny in 2008. They have both been volunteers over a number of years and Jill was secretary to the Boards of Directors of the Maple Street Co-op and The UpFront Club before doing a stint as a director in 2016.

Peter assisted with repairs and maintenance and built fitments. He helped build the original cold room with Tony Woodhouse who was a director at the time. He put the roof on the loading dock and did running repairs too. He sealed the floor with a non-slip surface and helped to keep the equipment and technology running. The most challenging part of assisting was working around the seven day a week opening, so there were many late nights.

As secretary to the Boards, Jill assisted four chairpersons, looked after the membership and the records and archives. Jill said the hardest thing in the secretary's role was to get her head around the Cooperatives Legislation.

As a volunteer Jill packed bulk goods, made heat bags for the Christmas bowls, helped with stock takes, participated in working bees which included painting, cleaning gutters and helping with gardens. Peter and Jill purchased and donated our chain mesh curtains.

“We both feel very lucky to be a part of an icon of Maleny and it is wonderful to see the Co-op thriving”.

We at the Co-op know we are lucky to have had such active and generous members as Peter and Jill. Thanks to all past and current members for your unstinting support.

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**Newsflash! New Opening Hours**  
Mon-Fri 9-530pm  
Saturday 9-4.30 Sunday 9-4

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