



Maple Street Co-op Newsletter October 2018

Spring Garden Preparation



We are now stocking insect hotels. Placing an insect hotel in the garden increases the chances of beneficial insects naturally visiting your garden. At any given time, your garden might contain over 2,000 species of insects. Some of these are pests, the kind that destroy your flowers and vegetables. But many others are beneficial insects, the kind you want to attract because they work with you to control pests and pollinate flowers. Please see last page for planting tips for the month!



Maple Street Co-op Monthly Raffle

Spend \$50 or more in store for entry into this month's raffle. The prize includes 1 x native bee and insect home and 1 x Pip bee tote bag.

AGM of the Maple Street

Co-operative Society Limited

To be held on Thursday 11th October at 5.30pm for 6.00pm start, at Sarah's Unplugged, 31 Maple Street, Maleny. A strong, creative, involved and experienced Board is vital to the future of the Co-op. We are always looking for fresh faces and ideas on the Board. We hope that our engaged members will step forward to nominate. For more information on becoming a Board member, please visit us in store or contact us via phone or email. Nominations close Monday 8th October 2018. Please visit our website to access full meeting agenda, financial and director reports.



<http://www.maplestreetco-op.com/>



Maple Street Co-op

New Products



Mindful Foods

We're now stocking Mindful Foods Cacao Brain Power in bulk. Made in Byron Bay, this mix is the perfect granola, smoothie topper or snack. Organic, activated, paleo and gluten free!



Puppy Jackson Super Chocolate

Puppy Jackson chocolate contains less than a teaspoon of sugar (4.2%) in a whole block compared to up to 7 teaspoons in many other leading brands. That's less sugar than a carrot!



Jimalie Coconut Nectar & Turmeric

The subtle flavour of turmeric makes Jimalie Coconut Nectar and Turmeric a versatile addition to both sweet and savoury dishes, as well as smoothies, juices, herbal teas or on its own as a nutritional supplement. It has a delicate, warming flavour, combining a soft sweetness with citrus and pepper notes.



The Fresh Chai Co

Handcrafted in Montville, using 100% certified organic & fairtrade ingredients. Whole spices are stone ground to release the aroma and flavour, the flavour of the spices is then preserved in local organic raw honey. Long leaf tea leaves are then added along with either warming ginger, rich Daintree cacao or whole vanilla bean pieces and the result is a sticky, delectable concoction with a flavour that just gets better and better.



Maple Street Co-op

MEDICINE ROOM HERBAL SKIN CARE

100% VEGAN & PLANT BASED

BALMS & NECTARS

I'm a herbalist and naturopath and my passion is formulating and developing herbal solutions for everyday use. When we recently did some new branding and formulating, I wanted to upgrade our traditional herbalist formulas to make them richer and more nourishing. Adding qualities of emotional body support and optimising daily feelings of wellness and good health in every one. Topical applications of herbs are traditionally known to take 8 to 12 hours to soak into the skin and offer the herbal benefits to the whole body. Energetically this is wonderful when you use great clean herbal products on your skin and feel the benefits after a body work session or after a wrap. I wanted to take it to the next level and add the nourishing and healing herbs into the daily creams that we put on our skins and allow the herbs to do their work one day at a time.

Let's talk about Ylang Ylang, Wild Yam and Schisandra berry herbal skin balm and nectar, which we now have available in the Co-op for you. This started out many years ago as our Wild Yam herbal skin balm. You might have used it. Lots of great menopausal and cooling benefits for ladies who wanted a natural progesterone skin supplement. Also really nice for digestive issues, to help balance adrenal hormones and reduce stress. Our new formulation is called Ylang Ylang with Wild Yam and Schisandra berry because the first thing you notice is the delicious smell of the Ylang Ylang flower. I just love this flower, it's an antidepressant, anti-inflammatory and its evidence base is that it clears up skin conditions like eczema.



It's also an aphrodisiac according to traditional cultural medicine use. Then we have added the hormonal balancing, liver balance, adaptogenic, adrenal recovery herbal Schisandra berry. This herb taken internally, as a skin balm or nectar is so good for your whole body. It works exceptionally well with the Wild Yam for really solid hormonal support for men and women wanting better progesterone levels and cooling down with hormonal fluctuations. The balm is rich and nourishing for all over body application and the nectar offers deep hydration for face and all over body care. Using these herbs on your skin every day is a way to assure regular small doses of the herbs are being absorbed through the dermal layers and going through your blood stream into the body. You get great health benefits for applying herbs topically and your skin health improves too. Better hydration, flexibility and a smoother shine and radiance. Please try our new herbal skin balms and nectars as testers next time you are in the Co-op and if you try them for a month you will see the improvements in your skin and general wellness.

**By Dominique LivKamal
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Maple Street Co-op October Planting Guide

HERBS – Sow basil, chives, coriander, dill, mint, oregano, parsley, sage and thyme.

FRUIT & VEGETABLES – Sow beans, beetroot, broccoli, cabbage, capsicum, carrot, chicory, Chinese cabbage, cucumber, eggplant, lettuce, melons, mustard, onion, parsnip, potato, pumpkin, radish, rosella, silver beet, squash, sweet corn, sweet potato, tomato and watermelon.

To-do list

- Water deeply and maintain mulch cover
- Fertilise regularly to replace leached nutrients
- Keep compost moist and turn heaps regularly
- Protect crops with shade-cloth on hot days
- Put a fruit-fly control plan in place
- Clear gutters and pipes for harvesting rainfall
- Check irrigation systems and unblock drippers

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