



JUNE 2021

CO-OP NEWS

OPENING HOURS: MON-FRI 9-5.30 SAT 9-4.30 SUN 9-4

MEET THE GROWERS

THE FREE LIL DUCKS

We are really pleased to have such a great selection of plants for sale at the Co-op these days and want to introduce you to new growers of ours - Roxy and Joel " We focus on growing unusual perennial fruits, vegetables and herbs that really suit our hinterland growing conditions " says Roxy. The 40 acre property at Mount Mellum just 10km from Maleny is now managed as a conservation area and incorporates 'beyond organic' food production using permaculture methods and principles.

"We make our own home-made compost, naturally mineralised to raise the seedlings. We are passionate about homesteading, aiming to provide our own food and sharing surplus. The nursery is a way that we can give back to the community, offering our favourite plants to other keen gardeners and diversifying the local plant selections available.

All the plants are low-care with good yields. They are selected to see them through tough times such as drought and have been tried and tested since setting up our nursery 4 years ago."



Her favourite plants? Pigeon Pea that not only provides great protein in the peas themselves, but also fixes nitrogen through the roots, attracts pollinators, makes for great chook food and chop n' drop mulch. Another favourite is the perennial Egyptian Walking Onion as promoted on Gardening Australia. It's a hardy, heritage perennial that sets bulbets at the top of the stems. When they get heavy they fall over and set new roots. Hence the name!

Pop in the the Co-op to try some unusual and hardy new plants.

**THE FREE LIL DUCKS SEEDLINGS \$6.95
FRESH FROM THE FARM TO THE CO-OP**

BY OUR NATUROPATH,
PASCALE RICHY

Collagen – The Body Glue Part 2

As we have seen collagen plays an indispensable role in creating the structure and strength of our bodies whilst also allowing for compliance in areas that require functional mobility. Signs of poor collagen production are tight muscles and joints, weakened nails, skin blemishes and wrinkles, osteoporosis, increased frequency of injury, hair thinning, osteoarthritis, cellulite and stretch marks, weakening of cardiac muscles and blood vessels, weakened digestive function and leaky gut.

The protein structure of collagen is made primarily of the amino acids proline, glutamine, glycine and arginine with several others, such as serine, leucine, alanine, histidine, tyrosine and methionine in much smaller quantities. These amino acids have various other roles in the body, such as glycine and glutamine in mood and sleep, and methionine in liver detoxification.



Animal foods provide the most abundant source and combination of amino acids, and when hydrolysed (fully broken down) into collagen peptides, provide a more bio-available form that is easily absorbed and utilized.

There are three main types of collagen peptides, each having specific functions and areas of use in the body.

Type II helps build cartilage and maintains our gut lining. In addition to supporting joint and digestive health it also promotes immune function. This takes us back to the tradition of homemade chicken soup for colds and flus, as it provides the best source of type II peptides. With its affinity for the gut lining it is also the type we want to use for leaky gut. Type I and III are often found in combination, with type I the most abundant at about 90% composition of hair, skin, nails, bones, organs and ligaments, whilst type III in smaller amounts supports skin and bone. Most commonly sourced from bovine collagen these are the forms found in collagen powders.

CONTINUED....



Other ways that we can protect and replenish our collagen with diet and nutrition are by consuming an abundance of fresh plant foods that confer vitamins such as A & C which boost production and restore damaged collagen. Berries and other foods high in anti-oxidants help to protect our collagen from destructive free radicals. Sulphur containing foods such as garlic, flax, asparagus and cruciferous vegetables also aid the production of collagen. A balanced diet, low in sugars and other toxins will go a long way in preventing us from becoming unstuck!

Pascale Richy works in the Co-op and from her practice in Coral Street. Nayha is also a qualified naturopath and both can advise you on ways to improve your health and vitality.



ELECTRIC VEHICLE CHARGING AT THE CO-OP

Watch this space....



Maple Street Co-op is going to be first fast-charging station for electric vehicles (EVs) in the town business centre. Fast charging is around 10-15 times faster than charging at home on a domestic 10 amp socket

The solar panels have been upgraded and the charging point will be on the gable end of the building with a dedicated parking spot so that customers can pop the car on charge while they pop in to shop. The car owner can use the Elanga app (illustrated below) to pay for the charge.

This innovation is all part of the Co-op strengthening its future, staying relevant and also providing sustainable alternatives for members and visitors.

Want to know more? email assistantmanager@maplestreet.coop





Our specials this month will set you up for the Winter season



MAPLE STREET CO-OP

So much more than a health food store

WINTER HEALTH SPECIALS FOR JUNE

Best of the Bone Stock ~ ~~\$29.95~~ Special **\$26.95**

Cheeki Hot Food Flask 480ml
~~\$36.95~~ Special **\$33.25**

Hari Cultured Ghee (locally made)
Large 500ml ~~\$41.95~~ Special **\$37.75**
Small 250ml ~~\$23.95~~ Special **\$21.55**

Australian Rolled Oats
~~\$6.95kg~~ Special **\$6.25kg**

Wonder Foods Vitamin C Powder 450g
~~\$42.95~~ Special price **\$38.65**

Wonder Foods Vitamin C Powder 200g
~~\$22.95~~ Special price **\$20.65**



37 Maple Street, Maleny
www.maplestreet.coop

LAST MONTH'S PRIZE DRAW WINNER!

Each member spending over \$50 on any day in the Co-op goes into the draw.

Our May winner of the Cheeki thermal travelling wine glasses worth \$60 is Sarah Handley !

SPECIALS HIGHLIGHT CHEEKI HOT FOOD FLASK

Ideal for packed lunches this on-trend flask will keep your nutritious soups, casseroles and other Winter-warming meals piping hot.

Normally ~~\$36.95~~ Special **\$33.25**



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