



# Co-op NEWS

March 2021

## Meet the Producer...

### Chris from Mt Beerwah Natural Spring Water



As part of our Co-op renovations, Chris from Mt Beerwah Natural Spring Water generously gave us a new water station. Chris and his wife Janet began the company over 25 years ago and our Co-op was one of the first places to provide the water refill service to the public. The UpFront Club also had the water hooked up to their coffee machine.

This year sees another important milestone for Chris in making the decision to step away from providing plastic bottles. "We were years ahead of our time" says Chris. "When everyone was buying single use bottles of water, we had the vision to provide a more sustainable product

where you can use your container over and over". Many of you will recognise the label from Woodford Folk Festival where festival-goers quench their thirst with this local drop.

The water is said to be linked to a fault line that runs from Indonesia right down to the Blue Mountains, surfacing naturally just north of Mount Beerwah in the Glasshouse Mountains. When Chris had the water analysed by specialists in Canberra they couldn't pinpoint the date of the water formation but estimated over 60,000 years old and could not find any man-made deposits in it. Chris tells us that it contains minerals such as iron, magnesium, calcium and zinc and has alkaline-forming properties.

Thanks again Chris for your great addition to our new-look shop.

[www.mtbeerwahnaturalsspringwater.com.au](http://www.mtbeerwahnaturalsspringwater.com.au)

Mount Beerwah Natural Spring Water at the Co-op in bulk only 60 cents a litre!

*So much more than a health food store*

## Get Ready for a Healthier Easter! from our Naturopath, Pascale Richy

Eating healthily at Easter can be fun and delicious when you use whole foods and know some insider hacks!

Let's have a look at one of our favourite all time treats... chocolate. From the seeds (beans) of the South American plant *Theobroma Cacao*, comes the raw substance cacao that is traditionally refined into cocoa and used to make chocolate. Typically this refining degrades the food but for raw cacao the gentler process spares the pharmacopeia of vitamins, minerals and antioxidants, that includes magnesium, calcium, zinc, iron, copper, potassium, manganese, Vitamin B1,2,3,5, 9, C and E and anti-inflammatory, heart protective flavonoids. Supporting our health goals can be easier by simply swapping-out some sugar in our chocky treats for more nutrient-dense, medicinal and vitalizing foods.



### Homemade Chocolate Easter Egg Recipe

50 g (1/3 cup) cacao butter, melted.

25 g (2 tbspn) coconut oil.

60 g (1 loose cup) raw cacao powder.

1 tbspn raw local honey.

1. In a bowl, heat the cacao butter, coconut oil and honey over a double boiler until completely melted.
2. Remove from heat and stir through the cacao powder until smooth and cooled a little (a couple of minutes)
3. Spoon one teaspoon of the mixture into each mould, swirling around to coat evenly, making hollow shells ready for your filling, then place in freezer.
4. Meanwhile make your Raspberry Ripe Filling; place ½ punnet raspberries, ½ cup desiccated coconut and 2 tspns almond or macadamia butter into a food processor and blitz until well combined. Remove egg shells from freezer, fill with raspberry mixture and place back in the freezer for 20minutes. Then carefully press two together, running your fingers over the seam to melt and join them together. Put back in the freezer for setting and storage.



Enjoy your Easter time and don't forget our range of Easter eggs, plant-based chocolate and healthier Hot Cross Buns!

## March Specials Stock up On Pantry Basics!

Our specials this month are local, pastured Tin-Shed Eggs and from our bulk Pantry - organic Mayan cacao powder, organic Premium Bakers flour and raw sugar. Stock up for Easter holiday baking!

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**Tin Shed Eggs**  
**\$7.95 a dozen**  
**normally \$8.95**

Caron and Carl von Bardeleben and their flock of chooks near Maleny produce fabulous eggs! Their farm is regenerative, and chemical-free. They employ rotational grazing, free ranging, sustainable and ethical practices.



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**Organic Raw Sugar now \$3.50**  
**was \$3.95**

Less refined than white sugar and good for baking. For those very occasional treats!

**Organic Unbleached Premium  
Bakers' Flour**  
**now \$3.95 normally \$4.50**

The Biodynamic Agricultural Association of Australia was founded in the mid 1953, by a group of farmers practising the "Australian Demeter-standard" method of Biodynamics as developed by Alex Podolinsky. Now his son Peter and partner Judy run Demeter that supplies our premium flour. This particular flour is high in protein (13%), unbleached and chemical-free. No GMO, preservatives nor additives. Particularly good for soft breads, pasta and baking.

**Organic Raw Mayan Cacao  
Powder, reduced to \$17.50/kg**  
**normally \$19.95**

Once used as currency in South American and drunk in unbelievable quantities by Mayan Kings, cacao is simply delicious. It can be used as a drink and in chocolate-making and baking.

Cacao is considered to be a rich source of antioxidants such as procyanidins and flavanoids,

which are thought to impart anti-aging properties and is considered to be a good anti-inflammatory.

Buy in bulk from our Pantry to save.



## Meet the Producer... Peter from Local Raw Hunny



Peter McMahon looks after his 12 bee-hives in Conondale after many years working in the dairy industry.

During those years he would spend time after work with local apiarists learning the art of bee-keeping and even after 35 years he still calls himself an amateur bee-keeper.

"The bees forage in the local native forests." says Peter "When the Apple Gum and Brush Box are in flower the flavour of the honey is amazing".

His property is located close to the State Forest and away from any crop-spraying.

And Peter's favourite treat? Honey on yogurt Greek-style with oranges.

**Bulk Raw Hunny** - simply take your clean, empty jar in to be filled at the counter just \$13.95 per kg.

## Cat Chalks Up Our 7 Co-operative Principles

Local artist Cat Lee has designed and rendered a visual explanation of the international Co-operative Principles that our Co-op works to. This is one of the first steps in taking the blank (ish) canvas that is the newly renovated shop and giving the place its own character and local spirit again. We began by using engaging local woodworkers to build new shelving, local graphic artists for our signwriting and logo and now we'll be adding local images and stories. Watch this space!



### February Prize Draw Winner

Every member spending over \$50 on any day in the Co-op automatically goes into the draw. Our February winner of one of our best-selling Afropacific baskets valued at \$55 is Duncan Whyte, Member Number 2009!

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