



# Co-op NEWS

## April 2021

### Meet the Producer...

### Paula from Jeremiah's Bakery



Paula and Shaun's sourdough bakery is located on their biodynamic property in the Mary Valley near Kenilworth. Paula is a self-taught artisan having left the nightshifts of nursing, swapping to a 2am start in her mill and bakery. The couple inherited the biodynamic land and use garlic, oranges and turmeric grown there in their breads.

"Local provenance is important to us" says Paula, talking to us on Tuesday, delivery day at the Co-op. "I stone-grind my own wholegrains including spelt and rye and keep the recipes very simple, the breads having only 3 ingredients; flour, water and salt."

She adds "there are no preservatives, no added yeast in our mature sourdough culture".

Her loaves are named in her original Geordie dialect from England. The Bairns Bread which has a rounded tang is her children's favourite, while the Owld One is the local dialect for Old One. The Jeremiah's Crust range includes crumpets (best toasted and dripping with butter and honey) and pizza bases for a no-fuss meal. And the name? "Jeremiah is the name of my first child" Paula laughs "... it's the name of my almost 7-year old sourdough culture!"

Jeremiah's Crust comes every Tuesday.  
To order ring 07 5494 2088  
[www.facebook.com/authenticsour dough](http://www.facebook.com/authenticsour dough)



*So much more than a health food store*

# The Mediterranean Diet

## New Research on an Age-Old Champion

### from our Naturopath Pascale Richy



It is the anti-inflammatory and antioxidant benefits of these foods, largely conferred by their high polyphenol content, that not only enhances immune function but also reduces cardiometabolic conditions such as the co-morbidities of heart disease, obesity and diabetes. These foods are also excellent sources of nutrients such as Zinc, Iodine and Vitamins C, D and A which have also been shown as supporting infection recovery. Other well-established benefits of the Mediterranean diet are slowing of cognitive decline, weight loss, reduced blood pressure and cholesterol levels, management of arthritis and pain, reduced stroke risk and cancer protection. Partnered with exercise, good hydration and a healthy outlook, this is a diet that keep you fighting fit!

The health benefits of the Mediterranean diet have been known for centuries, proving it to be much more than a passing fad. The eating habits of regions surrounding this famous ancient sea, such as Italy, Spain and Greece, are emerging in the milieu of evidence surrounding nutritional approaches to Covid-19 safety and better disease outcomes. . Whilst some of these countries have been hard-hit in the current health crisis, the latest research shows an association with poor diet adherence and disease severity. In essence, worse outcomes are associated with sectors of the population NOT sticking to a traditional wholesome diet, even after adjustment to other factors such as well-being and physical inactivity.

The diet is characterized by an abundance of plant-based foods such as fruits (fresh and dried), vegetables, nuts, seeds, whole grains and legumes, plus foods rich in healthy fats, particularly olive oil and fish high in Omega 3s.



Sources; The Negative Association Between Mediterranean Diet Adherence and COVID-19 Cases and Related Deaths in Spain and 23 OECD Countries: An Ecological Study. - Abstract - Europe PMC

Mediterranean diet as a nutritional approach for COVID-19 - PubMed (nih.gov) accessed 31.3.21

## April Specials A Taste of Italy!

Our specials this month are local Obi Obi olive oil, ready-made pasta sauces, gluten-free gnochhi and tinned tomatoes. Stock up the pantry!

### Obi Obi Olive Oil

Was \$19.95 per litre

Now \$17.95



This local drop from the Johnson family, farmed and pressed just outside Maleny is a rich, tasty olive oil. Exclusive to Maple Street Co-op and available at the counter. BYO bottle to save more!

### Difatti Gnocchi Range

Gluten-Free

Were \$4.95

Now \$4.50



Delicious Italian dumplings, lovingly made in the sun-soaked region of southern Italy. This handy pack lives in your pantry and cooks in just 2 minutes. GF and plant-based (potato, corn and rice), the range includes Tomato, Pumpkin and Quinoa, Plain and Spinach.

**Organic Tinned Tomatoes,  
Ceres, Diced and Whole 400g  
were \$2.25 now \$ 1.95**

These organically-grown tomatoes are vine-ripened under the Italian sun, allowing their full, rich flavour to develop.

### Organic Pasta Sauces

Aurelio Range

500g

were \$5.40

now \$4.50



Not only certified organic, these sauces are vegan and gluten-free. Made in the Riverina, NSW the range includes spicy Arrabbiata, aromatic Basilico and veggie-packed Primavera. Outstanding sauces that taste authentic and home-made.

### Koala Co

Kitchen and Bathroom

Multipurpose Cleaner

Were \$11.95

Now \$9.95



Safe for your family and kind to the environment. Based in Australia: a botanical treasure trove with an extraordinary range of native plants celebrated for their cleansing and therapeutic properties. are not tested on animals, and do not contain harmful chemicals or any synthetic fragrance, smelling only of glorious, natural essential oils.

## New Product! Roogenics Teas

We're so excited to be offering these Australian bush teas!

Full of organically grown and wildly harvested ingredients and are carefully selected for their natural properties; immunity boosting, anti-inflammatory and relaxation. And just pure taste!. Roogenics' mission is to embrace Australian culture, share the health benefits and traditional uses of Native Australian plants, while also making them easy to use for people to use.

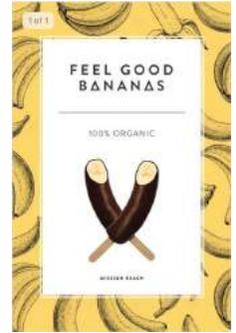
Buy yourself or a friend a treat!



## Just In!

## Feel Good Bananas

## A Treat from Our Freezer



Wouldn't it feel good if we lived in a world where we could eat something as good as ice cream every day but still take good care of our minds, bodies and planet. This is the mission of Feel Good Bananas.

100% organic and grown here in Queensland, flash frozen and dipped in organic chocolate. Biodegradable wrapping too!.

A luxurious treat and good for your body and soul.

Try one today from our freezer section at the back of the Co-op.

## Last Month's Prize Draw Winner

Every member spending over \$50 on any day in the Co-op automatically goes into the draw. Our March winner of our basket of locally-made beauty products from The Medicine Room valued at \$170 is Sara Thorn, Member Number 3783!

## Maple Street Co-operative Society Limited

37 Maple Street, Maleny Qld 4552

Phone: 07 5494 2088

sales@maplestreet.coop

www.maplestreet.coop

www.facebook.com/maplestreetcoop

@maplestreetcoop



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