

## MEET LOCAL PRODUCER ABID FROM COMMUNITY COFFEE



My coffee career began Merlo Bowen Hills moving to a micro roastery which is where I started roasting for friends and family. Little did I know this was the humble beginnings of Community Coffee Roasters. I first came to Maleny travelling through the Sunny Coast delivering green coffee. When I first stepped foot into Maple St Co-op, I enjoyed it so much that I made a point of buying my produce there. For me, food plays a unique role in human relationships. It's a social catalyst; people always huddle together around food to spend time together. I've always seen the Maple St Co-op as a source of connection to the local community between the producer and consumer within the Hinterland community.

I decided to start my own business sourcing and managing green coffee for roasters in Brisbane and the Sunshine Coast as well as helping them with blend development and roasting. I continued to roast for friends and family, building a little coffee community there hence the name Community Coffee. I wanted to supply my community and to source coffee that helps communities where I buy the beans - from co-ops and small farming communities.

I've no plans to grow massively and sell to multinationals as others have such as Campos, Padre, and Bear Bones.

One Hinterland trip, I thought "I would love to live up here", and after meeting my now wife on Sunshine Beach in 2022 I made the decision to move up to be with her. We secured a lease in a beautiful cottage on a 5-acre property where we recently married. We plan to settle here for the long term in this heavenly part of this planet!

Try Community Coffee blends Good Vibes (Indonesia, Ethiopia, Colombia) and Don't Panic (Colombia, Peru, and Brazil) available in 1kg and 500g bags.



## YOU'RE PART OF SOMETHING BIG!

Over the next year, we will be writing bite-sized articles for you, all about Co-operatives. After all, it's International Year of the Co-op.

So, as a Co-op owner-member you are part of something BIG – but how big?...

- 3 million co-ops around the world. 1.2 billion members.
- 34 million active members in Australia.
- Australian co-op turnover >\$160 billion
- 12% of the people on Earth are part of a co-op.
- Co-ops employ 280 million globally =10% of the world's employed population.
- Co-ops are resilient – 70% of co-ops survive the first five years of business compared to 43% of companies.

## TEMPE TIPS FOR SUMMER

PIO FROM EAT CLEAN MATE IN COOLUM



Pio from Eat Clean Mate in Coolum, handcrafts fresh, unpasteurised tempe from organic legumes and grains. Unlike pasteurised versions treated for easier distribution, this unpasteurised tempe retains natural probiotics, aiming for better digestive health and gut support. When frozen it has a longer shelf-life but also preserves flavour and its health benefits.

Made from whole ingredients, it's high-protein, plant-based, sustainable and so versatile. This tempe is fresh-frozen, so when you need it simply thaw and steam for 5-10 minutes.

Grill and BBQ. Marinate in soy sauce, lime & garlic for a crispy, smoky flavour with salads. Pan-fry. Cut into strips & marinate in BBQ sauce—perfect for wraps, sandwiches, or burgers.

Crumble. Add to tacos or stir-fries for a hearty meal. Grab some tempe from our freezer!

# MEET RICK

## CO-OP TEAM MEMBER



I moved to the Sunshine Coast from Canberra in 2012. With family in Montville, I always loved visiting the Hinterland and knew at some point I'd make the move up. Maleny has been home now for over 2 years, and I love this community.

I've worked all kinds of jobs, and each has had its pros and cons. Most I've enjoyed, others less so. None have made me feel more at home, and encouraged to show up fully as myself than working at the Maleny Co-Op. The genuine balance of community, transparency, and accountability that this business stands for creates a workplace unlike anywhere I've ever been. It's busy, often heavy, and heady work. But there is a trust that we all look out for and support each other so most days are a breeze!

One of my great joys is Kundalini Yoga, a practice that I've studied and shared over the last decade. If you're interested to know more, visit my website

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

I also love to study lots and create many of things. Including a few products that I sell/have sold through the Co-op! (Sat Balm Meditation Anointment, Hinterland Mud Coffee Scrub, Ritual Star Body Oils, and others). I'm also responsible for our new website, still to come..

## CO-OP COMMUNITY SUPPORT

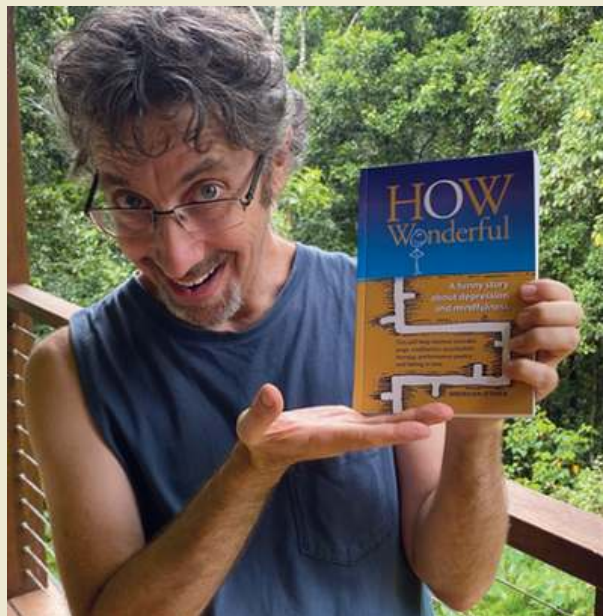
The Co-op is sponsoring the brilliant film *Aquarius*, to be shown straight after the launch party on Friday 21st at 7.30pm. The film is set in a small dairy town in Australia in 1973, charting the 10-day Aquarius Festival that ignited the movement for sustainable change. Incidentally Peter the Co-op Business Manager was one of those festival goers.





# NEW STOCK

'NEW BOOK BY CO-OP MEMBER  
BRENDAN O'SHEA



'How Wonderful - a Funny Story About Depression and Mindfulness' is by Co-op member and local writer, Brendan O'Shea. Brendan describes it as a 'self-help memoir' and talks about his path from being a deeply depressed young man to now where he enjoys life so much more. "There are still challenges of course, but with mindfulness I can learn from my challenges, not be ground down by them"

Brendan hopes that by sharing his story he might help others makes sense of their own mental health.

You can grab your copy for \$29.99 instore

## NEW SALVES BY CO-OP MEMBER FRANÇOISE SMITH



Local producer, Françoise, has developed a beautiful new range of salves made from herbs organically grown in Crystal Waters Permaculture Village near Conondale.

They are made with organic beeswax, local macadamia oil and olive oil. Available in Peppermint, Cayenne, Turmeric and Comfrey. Françoise also supplies the seeds from The Crystal Waters Seed Network and her home-made beeswax wraps, turmeric powder, and turmeric latte powder mix.

## MYCRO MUSHROOMS



MYCRO W.A. has one mushroom farm in WA, the second in Ballarat, Vic with the extraction lab is in Sydney. Jason and George the two mushroom farmers wanted to create the MYCRO range after not being satisfied with what was on the market. Minimal ingredients, 100% Australian grown mushrooms, high potency and bioavailability.

<https://www.facebook.com/p/MYCROau-61557109770898/>

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