

LOCAL PRODUCER STORIES - HERBAL MEDICINE WEEK EVENTS - NEW MURAL



VALE ALAN HARRINGTON

Co-op Manager 1995 to 2008

We were deeply saddened to hear of Alan's passing after a period of illness.

Alan led the Co-op shop team for 13 years and brought a wealth of both financial and retail experience to the Co-op. He also assisted the UpFront Club with financial systems that benefitted both co-ops greatly.

The Co-op was so fortunate to have Alan at the helm when we faced major changes and crises. His prior career in the ATO helped navigate the team through the complexities of introduction of GST and he also led the team through computerisation of invoice payments and payroll. He introduced improved governance practices and policies to strengthen our co-operative approach. Alan also led on the first Co-op expansion that created improved work space and cold storage allowing us to stock a better range of dried and fresh goods. The extra space made a huge difference to the comfort and efficiency of the team too.

Alan was such a strong advocate for the co-operative approach in organisations and played active roles in many of our local co-ops and community groups such as the Maleny Credit Union and Barung. He walked the walk too, asking to be paid the same as the team members. We were very lucky to have Alan at a time when we required his skills, experience and understanding of business and co-operation.

The Co-op Board and team send our deepest sympathy to Mary and the family.



NOTICE OF AGM

Maleny Community
Centre 6pm Wed 23
October
Registrations from
5.30pm

Proxy voting forms available at
www.maplestreet.coop/memberpage or
37 Maple Street, Maleny or from
secretary@maplestreet.coop
Notice of special resolution to adopt
updated rules.
Complimentary refreshments

So much more than a health food store

Nirala Mystica Essential Oils of Coolum



BY WARD BRISICK

Originally from Caracas, Venezuela, Jalberto's spiritual journey began when he ventured to India in 1979, attracted by music, mysticism, and a particular teacher known then as Sri Rajneesh. This journey opened the door to subsequent visits, studies in Buddhism, and was an invitation into the life of a trader of exotic goods.

More recently, Jalberto visited Kerala in the south of India, the cradle of Ayurvedic medicine. Originally there for a health retreat, Jalberto was re-inspired by Ayurvedic Medicine as an ancient and effective practical science. In Kerala, Jalberto was introduced to a family of reputable oil merchants who have been producing essential oils for three generations. In this family business the valued older members of the family continue to be involved, with the grandmother working side-by-side with her grandchildren.

Jalberto believes that in our modern times of world trade and innovation, these essential oils are a bridge between the ancient and new worlds. According to Jalberto, "Nirala Mystica Essential Oils are proudly and ethically family

produced. These products have been extracted and distilled in the same manner for generations. The techniques can only be described as "old school". Of course, production has incorporated improvements in technology to deal with demand, but the attention to detail and traditional practices of gathering the supplies of flowers, bark, herbs, etc., from clean sources, have not changed. Ingredients come from as far away as Northern India, and suppliers are aware of the integrity of the product and strict quality control".

Jalberto firmly believes that the journey of search and discovery for well-being has always been deeply instinctual, and this search has created a connection between humans and aromatic oils. "Awareness of medicinal plants and their use is the result of centuries of investigation and refinement, through which humans have learned to use bark, seed, fruit bodies, and other parts of medicinal plants," he said.

"My Keralan family utilises traditional extraction methods, such as water/steam distillation, cold press, and maceration, as well as incorporating modern hygienic practices to produce 100% natural, pure, and safe extracts. The collection also embodies the elements that unite the ambient and sensual experience. You become immersed in this experience when you use these oils," he said.

In Sanskrit, Nirala means, unique, distinct, extraordinary, unusual. The range comprises 16 pure essential oil extracts, including Sacred Lotus, Black Musk, White Musk, Kerala Flower, Pomegranate, Green Orchid, Water Lily, Blue Lotus, Sandalwood, Myrrh, Arabian Jasmine, Frankincense, and others. All products are branded and bottled locally.

For more information visit niralamystica oils.com

NEWS SNIPPETS

OUR MURAL BY CO-OP MEMBER, LEXIE ABEL



We're delighted to see the installation of our new mural. We've had so much positive feedback from Co-op members and the community. The Co-op Board commissioned local artist and Co-op member Lexie Abel to design and create the art.

The aim is to improve Co-op visibility, improve the Co-op's overall look, and to set us apart from other local grocery shops and supermarkets.

In July, Lexie invited local artists to join her for a print-making workshop in the Co-op garden that inspired the mural images. Read more next month when we can invite you to a launch to celebrate!

Lexie was aided by artists Libby, Laing and Lola from the Munimba-ja art centre on the Mountain View Rd corner.



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.

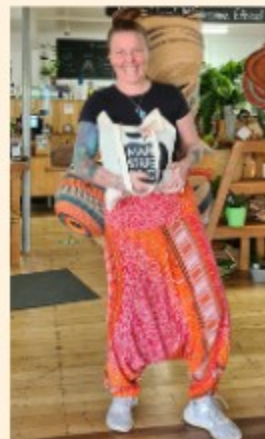
Pan-fry. Cut into strips & marinate in BBQ sauce—perfect for wraps, sandwiches, or burgers.

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

MEMBERS' DRAW

Yay! Sarah Montgomery (right) and Sudeshana Brough are recent winners of the Members' Monthly Draw.

Members get a free entry for EVERY ITEM purchased!



NEW STOCK

LOST HOME RECIPES HEARTY ROLLS



These Potato and Lentil Curry Rolls are made locally by Cheryl. Made with organic, seasonal vegetables enriched with perfect blend of spices for mild, yet satisfying flavour. Find them in our freezer section. 30 mins to oven-cook from frozen, 15 mins in the air fryer.

ALB-GOLD ORGANIC MIE NOODLES



These handy noodles are steamed dried, unlike most conventional noodles. No additives, natural, and low in fat, these easy to prepare noodles are ready in just 6 minutes.

FOREST SUPER FOODS



- Lion's Mane capsules 40caps & 20caps
- Turkey Tail 120caps
- The Forest Mushroom Blend 120caps
- Western Australian Bee Pollen
- Brain Food 120caps
- Organic Mushroom Chai 200g

Grown/produced in Australia with no fillers
Ask our health practitioners for details.

TONY'S CHOCOLONEY LIL' BITS



This ethical company produces fabulous chocolate, purchasing its cacao from Co-ops at a fair price and fighting child labour and deforestation. Caramel Sea Salt and Cookie Bits.

MORE NEW STOCK

Tsukemono Japanese Pickle. Daikon radish with karashi mustard and toasted nori. Australian made and owned. The Co-op team love it!

Eat To Live Buckwheat Cakes, now in two new varieties Hemp and Plant Omegas

Proper Crisps with Sea Salt. In a compostable bag. Organic

The Good Crisp Company. Spicy Jalapeno Potato Crisps

Ceres Organic Wasabi Chips

Bonsoy Kombucha range in tins - Lemon Ginger; Blueberry Strawberry; Apple Cinnamon and Cranberry Pomegranate

Ethical Nutrients - Mega Magnesium Muscle Plus. Tangerine flavoured powder. 135g

Melrose Liposomal K2 + D3. Vitamin D3+K2. Designed to aid in the absorption of calcium, and promoting bone mineralisation. Also to support heart health and blood circulation



HERBAL MEDICINE WEEK EVENTS

WED 30 OCTOBER
WORKSHOP BY PASCALE RICHY



Herbs and Natural Medicine - Solutions for Acute Infections

Come along to a relaxed and informative event with highly experienced naturopath Pascale Richy.

You will learn to make a range of effective home remedies for common conditions, including respiratory, gastro-intestinal, genito-urinary and topical conditions. The evening will include making poultices, respiratory tract remedies, and oral remedies for gastritis and urinary tract infections.

Limited to 12 people so book now!

Members \$30, non-members \$40.

Book here - <https://tinyurl.com/3j8f9856>

SAT 2 NOVEMBER
HERB WORKSHOP BY CASEY OF
FUNKY FOREST



Back by popular demand, Naturopath, Herbalist and Dietitian Casey Conroy is hosting another herb walk.

Join Casey to explore the abundance of nature and learn how the wild plants growing around us can be used as food and medicine.

The walk will be a gentle stroll through Maleny, mindfully gathering local herbs and sharing their virtues, and finishing at Maple Street Co-op Garden for our shared fresh wild medicine tea. Bound to be a delightful and educational morning, 9am to 11.00am.

Members \$20, non-members \$30.

Book here -

<https://tinyurl.com/mr9kwm3u>

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