



one

the customer club magazine of the Kunara Organic Marketplace
formerly The Natural Foodstore

The story behind
our rebranding...
read all about it!

NOW OPEN
Kunara Delicatessen

WIN WIN WIN
REIKI SESSIONS
with Sofia

1st Prize: 1hour Reiki session
+ Evohe Skin Care Pack worth over
\$200

Runners up: 2 x 1 hour
Reiki Sesiions

Customer Club members, just spend \$65
in-store during February, pop your receipt in
the Winners Barrel and you are in the draw.

More info about Reiki & Sofia on our
website under the Healthful News tab.

*See Terms & Conditions on our website

magnificent purple carrots from
Forest Hill Farm Organics in Tasmania

NATURAL FOODS

Monday-Friday 8am-6pm
Saturday 8am-5pm
Sunday 9am-5pm

ORGANIC CAFÉ

Monday-Saturday 8am-5pm
Sunday 9am-3pm
kitchen closes at 2.30 daily

GARDEN CENTRE

Monday-Saturday 8am-5pm
Sunday 9am-3pm



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Welcome!

We are excited to announce that **The Natural Foodstore** will over the next months slowly evolve to what will soon be known as **Kunara**.

As many of you are aware, we are already Australia's largest one-stop destination for everything natural and organic. It's indeed the continued growth in size and diversity, driven by demand, that has been the reason behind why we decided to find a unique name that, to us, embodies where we've come from, where we are and where we are headed; our essence.

As we've diversified into other areas than just food, the name **The Natural Foodstore** no longer appropriately describes our business. While natural and organic food will always remain our core business and passion, demand for an **"Organic Marketplace"** that offers a wide range of natural and organic products and holistic services, motivated us to start a new chapter in our already amazing journey from our humble beginnings over 20 years ago. Many of you have been part of our story for a decade and more and we thank you all for the wonderful support you've given us over the years.

After much research and deliberation **Kunara** was chosen as **Kunara** means **"One" ...one vision, one focus, one family, one team, one community, one dream, one future.** At **The Natural Foodstore** we are fortunate to work and associate with passionate and dedicated staff and customers...we've always felt and acted as **one**.

This will be a gradual change, and we will keep you updated of progress over the coming months. Please check into facebook and our website for more information. Meanwhile, our lead article, ONE JOURNEY, tells the story of our adventure so far.

one is the monthly magazine for our Customer Club members. If you would like to join the Club and receive benefits such as monthly specials, prize draws and rewards vouchers, fill out a form at the Registers and start collecting points now.

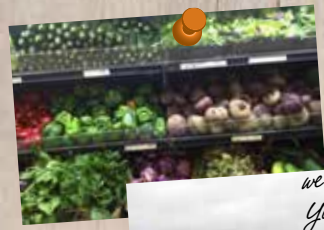


THE DELI IS OPEN!

Deli Manager Jennine has sourced products from the best local organic suppliers and complimented these with a selection of amazing international products. Superb little chevres, cultured butter, hot smoked salmon, beautiful biscuits, biodynamic Australian kalamata olives...everything you need for a picnic, a platter or a party.

Chef Monica is cooking up a storm to fill the food cabinet with fresh tarts, sandwiches, terrines, meals to take home, cakes, GF pasties and breads. How about Moroccan Vegetable Tagine and quinoa for dinner tonight? Or a roasted free range Moya Valley chicken. And there's much more on the way.

ONE JOURNEY



*we bought a farm!
Your Organic Oasis Farm
in Far North Qld*



we still use these very baskets!



Over 20 years ago a produce stand appeared on Parsons Road in Forest Glen. It was small in structure, but huge in idealism and heart.

Devotion to the cause of educating about the benefits of organic foods and providing local and seasonal organic produce to support this passion, was well received by the community.

Soon the 'shed' became too small to keep up with demand.

New premises were sought...

The dream took shape with a shiny and new building secured at 350 Mons Road, Forest Glen. The new **Organic Oasis** opened its doors with a fancy new mural and an actual real cash register!

Baskets brimmed with fresh produce and organic shelf lines began to appear. As more and more people sought pure food alternatives or even suffered from food allergies which dictated their choices, demand for natural and organic products continued to increase.

Again, the hunt was on for larger premises. As luck would have it a solution was available only a few metres away...

The doors at 352 Mons Road opened with state of the art bulk bins, large fridge displays for dairy and grocery lines, qualified naturopaths joined our team. A wholesale department was created and we bought our very own truck!

To further diversify our range and cater to the demands of the community, we sourced a huge range of natural products that were not formally classified as 'organic' but every bit as pure, so **The Natural Foodstore** became our new name.

By 2010, an average of 500 customers came through our doors each day. The Customer Club began, and we are proud to say that a huge number of foundation members are regular customers to this very day.

The Natural Food Family grew and grew with more customers and team members.

But the carpark was always full.

The opportunity to move just around the corner arose and although the wet season that year was wetter than most, the new buildings were finally opened in 2011.

We now have a Garden Centre and Organic Café, a production kitchen and cooking school on the way. Our vision is to become a one-stop destination for everything natural and organic. So, once again, we have outgrown our name.

From 2013, the Natural Foodstore will be known as Kunara Organic Marketplace.



Kunara
organic marketplace

Welcome to
Kunara Organic Marketplace!

Our vision for Kunara is
an exciting one.

Please join us.

- 1 can organic chickpeas
- 1 cup sprouted lentils
- 2 tablespoons hulled tahini
- 1/4 fresh lemon juice
- 1 clove garlic, crushed
- 6 semi dried tomatoes, chopped
- 2 tablespoons flaxseed oil
- 1/2 cup fresh parsley, chopped
- himalyan salt & pepper to taste
- cumin

Blend or process until smooth.
Stir through parsley.
Garnish with a drizzle of olive oil and a good dash of cumin.



BioSnacky Sprouters are available in the Garden Centre. Ask about which will best suit your needs.

micro-greens: broccoli & chia

Always soak your seeds before placing in your sprouter.
Try these organic seeds from the bulk bins...
French Lentils
Buckwheat
Quinoa
Sunflower seeds
Pepitas

The goodness of seeds is packed inside an outer coating of phytic acid and enzyme inhibitors, which bind with calcium, magnesium, iron, copper, and zinc, making it hard for the body to absorb those nutrients. By sprouting grains, legumes or seeds, the phytic acid is neutralized, making the nutrients available to the body. The process of germination also produces vitamin C, increases vitamin B content, especially B2, B5, and B6 and carotene.

If you have conquered sprouting seeds, have a go at micro-greens!

These are tiny seeds such as broccoli, radish, cabbage, cress, rocket that are grown in good quality, organic soil so you get the nutritious minerals from the soil and goodness from sunlight. Micro-greens are snipped close to the soil before use, the root is not eaten. Very pretty sprinkled on salads, sandwiches and little nibbles.



ORGANIC CAFÉ

New raw sweet treats in the Organic Cafe



Handcrafted in Byron Bay from certified organic, raw ingredients, and infused with Australian Bush Flower Essences, these sweet treats are delicious and nutritious. It's true!
Choose from luscious Lushballs, Cranberry Ripe and Bountytlicious Bars, Chia superfood balls and more. Naked Treaties are raw vegan and free from gluten, dairy and sugar.

NEW MENU

The Organic Cafe is bringing in a new menu this month, including weekday cooked breakfast options. See you soon!



mmmmm....
Did you know...the Organic Cafe muffins are GF and vegan - that means no dairy or eggs. How do we do it? Monica's recipe is the result of the many, many batches of muffins she baked to perfect the balance and create a dense yet light, moist and flavoursome GF muffin. We bake each morning and use seasonal fruit to bring you a delicious accompaniment to morning coffee or tea.

GARDEN CENTRE



15% off marked prices of AUSTRALIAN NATIVE PLANTS

Please mention this promotion to receive discount. Stock on hand only.
1 - 17 February



Look what Bruce found

When this fabulous clock arrived in the Garden Centre, half the team wanted it for themselves but he wouldn't let us have it! Bruce has so much beautiful stock coming in each week that there's always something new, so be sure to pop in for a look when you are at Kunara.

Black Crow is situated in the heart of the Lockyer Valley. The soils in this area are amongst the top 10 fertile soils in the world. The farm has been certified organic since 2006.

Dave, Tammy and their team of 10 at Black Crow work long, hard hours to provide us with quality vegies within 48 hours of harvest. They use no man made fertilizers or chemicals on the crops and rotate crops with legumes to replenish the soil with nitrogen.

Guess what?...they hand weed all of the crops. Yes, HAND WEED! We all know that weeds grow much faster than anything else, so if the crop isn't kept free of weeds, the plants won't grow. Conventional farmers use chemicals for this.

Black Crow grows many different vegies, Tammy tells us all about it: "Potatoes are our main crop - Sebago, Desiree, Nicola, Dutch Cream, Kipfler, King Edward. Our potatoes are used to make Absolute Organic Potato Chips!

Pumpkins grow easily and we have loads at this time of year.

Capsicum is tricky and after 5 years we are just getting it right. We mostly supply green capsicums as they sunburn easily and that makes it difficult to get them red.

Broccoli, Cauliflower & Sugarloaf Cabbage are the main crops we pick in winter. They grow quickly but are very labour intensive as we hand pick and hand pack to transport to you in 36 hours from picking.

We are working on beans. If there is a storm or strong wind, the flowers get knocked off the bush and the crop is gone. We harvest at night so they are crisp and then pack by hand in the morning."

Uwe, our Fresh Produce Manager, is in constant contact with Dave and Tammy, so they can ensure we always have the freshest deliveries of seasonal produce.



in Season

Organic produce in plentiful supply in February, so make the most of the abundance. we have some great recipe ideas and tips for making the most of seasonal produce in-store.

Fabulous February Salad

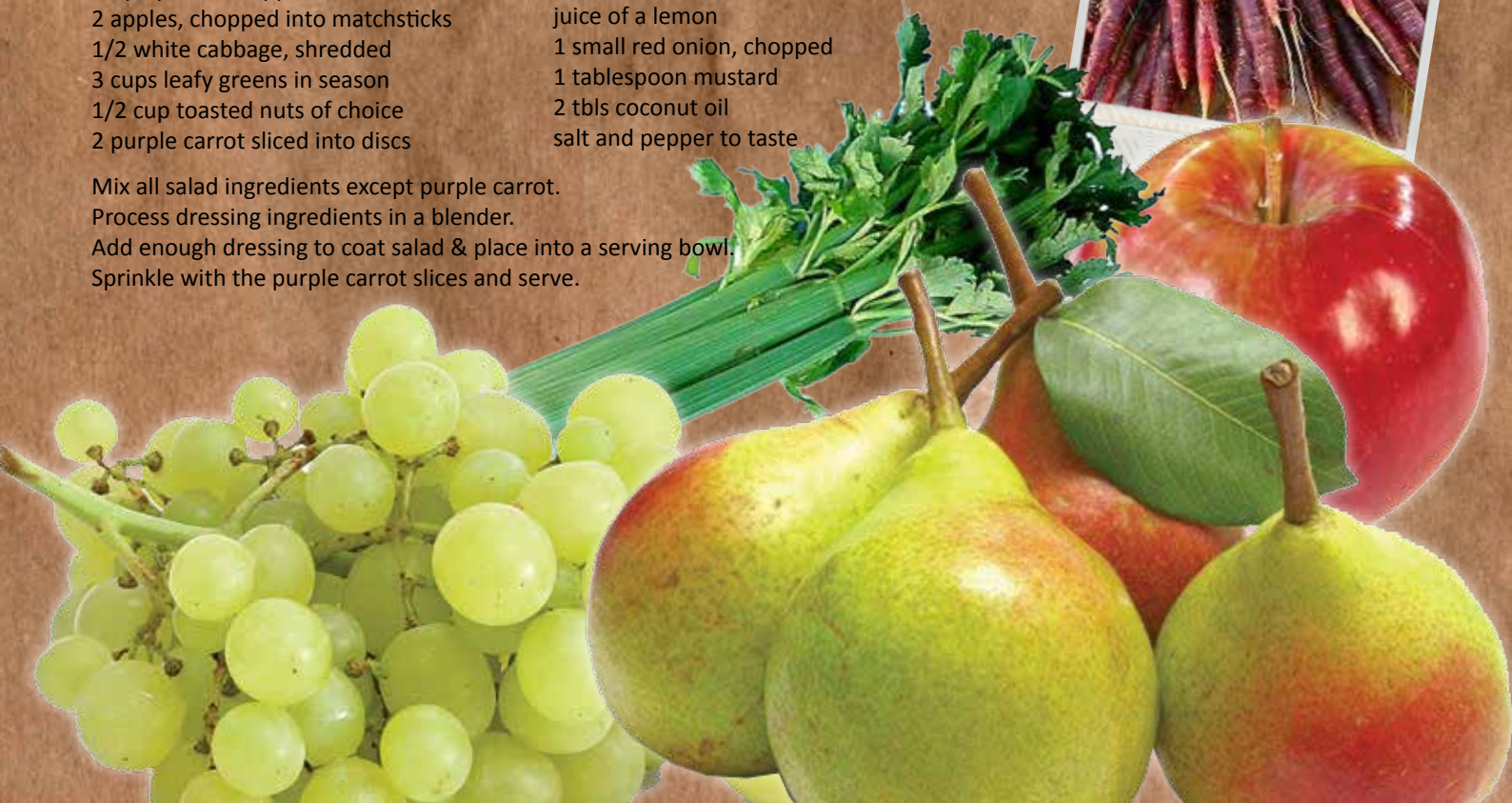
Salad

- 2 ripe pears, chopped into matchsticks
- 2 apples, chopped into matchsticks
- 1/2 white cabbage, shredded
- 3 cups leafy greens in season
- 1/2 cup toasted nuts of choice
- 2 purple carrot sliced into discs

Dressing

- 1/4 cup grapes
- juice of a lemon
- 1 small red onion, chopped
- 1 tablespoon mustard
- 2 tbs coconut oil
- salt and pepper to taste

Mix all salad ingredients except purple carrot. Process dressing ingredients in a blender. Add enough dressing to coat salad & place into a serving bowl. Sprinkle with the purple carrot slices and serve.



what's on in february

Head to [facebook/thenaturalfoodstore](https://www.facebook.com/thenaturalfoodstore) and www.kunara.com.au to find out more info about all these dates.

monday	tuesday	wednesday	thursday	friday	saturday	sunday
28	29	30	31 REIKI 15% off in Feb	1 10-4.30pm Believe it Beauty Coconut Magic tasting in store today 10-2	2 Breakfast at the Organic Cafe from 8am	3 20% off Miessence today @ Skincare
4 1pm-6pm Acupuncture & Shiatsu with Matt	5 9am-6pm Iridology / Sclerology with Vicki	6 St Dalfour sauces tasting in store today	7 8am-12noon Reiki with Sofia 12.30-5.30pm Believe it Beauty Treatments Huggle Bug Nappy Demo 2.00pm	8 10-4.30pm Believe it Beauty Treatments Jen's Noodles tasting in store today 10-2	9 Breakfast at the Organic Cafe from 8am	10 Breakfast at the Organic Cafe from 9am
11 1pm-6pm Acupuncture & Shiatsu with Matt	12 9am-6pm Iridology / Sclerology with Vicki	13 free product with every Weleda purchase!	14 8am-12noon Reiki with Sofia 12.30-5.30pm Believe it Beauty Treatments Weleda Promo 2.00 @ Skincare	15 10-4.30pm Believe it Beauty	16 Breakfast at the Organic Cafe from 8am	17 Breakfast at the Organic Cafe from 9am
18 1pm-6pm Acupuncture & Shiatsu with Matt	19 9am-6pm Iridology / Sclerology with Vicki	20 Cocolyte tasting instore today	21 8am-12noon Reiki with Sofia 12.30-5.30pm Believe it Beauty Treatments Gypsy Rose Promo 10.30 @ Skincare	22 8.00-12noon Massage with Joost 12-4.30pm Believe it Beauty	23 Breakfast at the Organic Cafe from 8am	24 Breakfast at the Organic Cafe from 9am
25 1pm-6pm Acupuncture & Shiatsu with Matt	26 9am-6pm Iridology / Sclerology with Vicki	27	28 8am-12noon Reiki with Sofia 12.30-5.30pm Believe it Beauty Treatments	1	2	3

Visit our website/
healthful info for
& treatment
info

meet the practioners

To book a Treatment please phone 5329 7080



Hi, I'm Vicki Murray
[Adv Int. Dip Irid, GM Certified Sclerologist, Qualified Teacher]
While Sclerology is an ancient science to evaluate health, it's relatively new to Australia. I have been in clinic practice for 15 years.

Sclerology is the science and art of observing the markings and colourings in the whites of the eyes to diagnose signs of compromised health. Treatments are then tailored to the specific condition and progress can be easily monitored and tracked.

What do your eyes reveal? To find out you can make a booking with me, in-store every Tuesday from 9am to 6pm. Allow 1 to 1 1/2 hours per



Hi I'm Joost
I use non-surgical healing Chinese Sports Injury therapy to treat chronic and acute injuries including herniated discs, frozen shoulders, ankle, knee and elbow pain including cartilage and nerve damage, neck and shoulder pain, damaged muscles, tendon and ligaments.

Troy from Palmwoods says "As a competing 'Iron Man' athlete, my presenting complaint was muscular injuries and stress fractured femur... Joost was able to treat all of my injuries and help me rehabilitate fully and compete confidently and injury free"

If you're suffering from any chronic or acute injuries and want to enjoy a pain-free lifestyle, please come and see me. I am available in-store every last Friday of the month between 8am and 12noon. Some health rebates available.



Hi there, I'm Matt Earsman
[Adv Dip Acu, Dip Shi, Cert Cos Acu, BA, Member ANTA, Qld Rep. STAA]

Many people in the modern world feel indefinably not quite right, tired all the time, depressed or anxious, although no-one can find the exact cause or solution. Modern medicine can have amazing, lifesaving results, but is very focused on fighting disease, rather than supporting health. I use Acupuncture & Shiatsu Massage to treat imbalances in the body. Once balance has been restored the body can begin to heal itself.

Come and see me if you want to regain your energy, sleep soundly and just feel better in every way. I am in-store every Monday from 1 to 6pm.



Hello, I'm Sofia de Olivera
[Master-level Usui Reiki Healing Facilitator, trained in Psychological Astrology and basic counselling].

It is an honour for me to facilitate Reiki treatments to others and be a companion, even if just for a short time, on their journey towards well-being.

Frequently described as "Universal Life Energy" Reiki is administered by "laying on of hands", using light palm pressure or sometimes no pressure.

Reiki is a system of natural healing that helps to restore a person's equilibrium, enhancing the body's innate ability to heal itself and promoting well-being on physical, emotional, mental and spiritual levels.

I'm offering a 15% discount in February. I am in-store every Thursday from 8am to 12noon. 30 minute and 1 hour sessions are available. Normally \$40/\$60.

Believe it Beauty treatments with Ceri

Waxing, facial treatments, makeup, mani & pedicures all using high quality products such as Kora Organics and Butter London. Ceri is available on Thursdays and Fridays. Book early as appointments fill very quickly. Please be on time for your appointment. Ph: 5329 7079



butter LONDON - No Formaldehyde, Toluene, DBP or Parabens.

new products

Eco friendly Insulated Canvas lunch bags and food wraps.



- PVC Free
 - Non-toxic
 - Food safe
 - Reusable
 - Washable
 - BPA Free
- very groovy!

Lunch Bags \$19.95

Food Wraps \$11.95

Monica @ Kunara

Monica has released the first in her range of GF products, especially created for Kunara.

Morning Munch is a blend of activated grains and seeds with dried white mulberries, cranberries, goji and dehydrated organic orange.

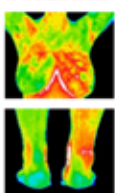
Her **Flaxseed Crackers** are delicious and perfect to nibble any time of day. Kids love them! All organic, Gluten Free, Dairy Free & Sugar Free.

Monica has many more lines on the way, including frozen GF cookie dough, frozen take-home GF meals, breads and more.

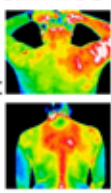


Fresh Green Ginger
great for juicing as it is juicier than mature ginger and has a slightly milder flavour

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february specials

Customer Club specials available
in-store while stocks last.

Please note: Practitioner Products are not included in specials. By law, we cannot discount them.



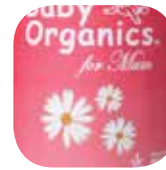
7 February - 13 February



Organic Choc Gems
\$55.80kg
save \$6.20/kg



Naturhelix Coloured Ear Candles 10pk
\$31.20 save \$7.80



Baby Organics Nipple Cooling Gel
50% off
now \$4.47



Conscious Chocolate 45g
20% off
now only \$5.68



Fraser Coast Eggs
\$6.95 dozen
save \$1.00



True Organic Butter
10% off
now only \$4.95

14 February - 20 February



Organic White Choc Strawberries
\$62.00kg
save \$7.00/kg



Morlife Spirulina powder 1kg
now only \$61.95
save \$15.50



Bush Flowers Pack inc. free eye serum
20% off
now \$37.56



Nature's Path Cornflakes 300g
25% off
now \$5.21



Valencia Oranges
\$1.95 / kg
save \$1 / kg



So Delicious Ice Cream 473ml
20% off
now \$10.00

21 February - 27 February



Organic Black Chia Seeds
\$27.90kg
save \$3.10



Good Health Fish Oil Omega 3 1500MG
200pk \$13.55
save \$3.40



Moltex Nappies
mini size \$28.76
Save \$7.19
(all sizes on sale!)



Spiral Apple & Pear; Apple Puree 45g
20% off
now \$4.20



Jap Pumpkin
\$1.50 / kg
save .45c / kg



Tofutti Cream Cheese
Plain, Herb&Chive, French Onion
10% off, now \$4.95

28 February - 6 March



Organic White Chia Seeds
\$30.00kg
save \$3.60



Nutra Organics Super Greens & Reds powder 250g
\$31.00 save \$7.75



Mukti Aloe Vera Moisturiser 50ml
20% off
now \$25.56



Andean Pops Coconut & Honey; Chocolate 250g
20% off now \$6.00



Pears
\$6.95 / kg
save \$1.00 / kg



Living Planet Goat's Milk 1L
15% off
now \$4.95

my shopping list

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