



June 2013

one

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



Kunara Organic Marketplace

330 Mons Road, Forest Glen Q 4556



07 5445 6440

www.kunara.com.au

Customer Club | 07 5329 7072 | club@kunara.com.au

open 7 days

Natural Foods

mon - sat 8am - 6pm

sunday 9am - 5pm

Garden Centre

mon - sat 8am - 5pm

sunday 9am - 4pm

Organic Cafe

mon - sat 8am - 5pm

sunday 9am - 3pm

kitchen closes 2.30pm

NEW The Heart of the Hub is now open!

Our vision is for Kunara to grow as a community hub for those passionate about real food, sustainable gardening, advice and information...all the things that our customers and team share each day. So now, we have a heart for the hub - the express coffee bar / information desk at the entry to the store.

Jess is rugged up in her winter woolies at 6.30am Monday to Saturday to set up the Coffee Bar and serve hot Montville organic coffee from 7am.

The Heart is also now the first point of contact for the Kunara Customer Club. Here you can change your address, update details, apply for a new membership, and submit enquiries about vouchers and mail-outs.

As well as great coffee and club information, the Heart is the spot to find all the details about what is happening around Kunara - cookery classes, events, special offers and promotions. You can book and pay for most events right there.

One more great feature...you can purchase any of the products outside of the store at the Heart register if you are in a hurry.



new at the deli...

Delicious, warming winter soup is now available hot-to-go at the Deli from 10am.
\$4.95 cup \$6.95 bowl

Pies and savoury rolls are also now available hot...great for lunch!

Stuffed gem pumpkins are a perfect package. High in beta carotene, fibre and flavour, they make a quick and easy meal.

win win win

Customer Club Prize Packs for June!

1st prize

Robinvale Premium Certified biodynamic Wines

1 carton selection of Robinvale Premium Certified biodynamic wines. Includes gold medal winning 2004 Oak Chardonnay, 2008 Kerner and Sparkling Bella Rosa Moscato! Valued up to \$240.

The wines include:
Sparkling Kerner Cuvee*
Sparkling Bella Rosa Moscato*
2004 Cellar Aged Chardonnay*
2011 Viognier (no added preservative)*
Classic Dry White blend
2010 Auslese Lexia (sweet)*
2005 Cabernet/Merlot Blend (no added preservative)*
2006 Cabernet Sauvignon (no added preservative)*
2005 Zinfandel Merlot
2005 Shiraz
2005 Zoe Cabernet Sauvignon
2007 Madeleine Shiraz
* Vegan/Vegetarian suitable

2nd prize

Robinvale Sparkling beverages



3rd prize

1 hour Kinesiology Treatment with Kerrie value \$70

2nd prize: 1 carton of Robinvale sparkling beverages 750ml made with certified biodynamic grapes. Valued up to \$120



Simply spend \$65 or more and place your shopping receipt with Customer Club number into the winner's barrel to be in draw! Winner will be notified by phone after the draw on 1 July 2013.

Prize includes delivery in Australia.
Winner must be 18yrs of age to receive prize.

a good drop



Being health and environmentally conscious shouldn't mean you have to miss out on the little indulgences in life, like good wine. The Caracatsanoudis family understands this philosophy, and that's why their business, Robinvale Wines, has been such a success since it first began in 1976.

Today, Steve and Nancy Caracatsanoudis run the winery along with a 30 hectare biodynamic vineyard. The winery has its own bottling facilities and cellar door sales, and is listed among the district's tourist attractions. So when you visit to sample the amazing flavours of their organic wines, you know you're somewhere very special.

Robinvale Wines produce a wide variety of wines including table, sparkling and fortified, organic, biodynamic and preservative free wines. For those who choose to avoid all animal products, whether it's for ethical or health reasons, there is also a range of vegan and vegetarian friendly wines.

If you avoid alcohol altogether, there's a great variety of non-alcoholic beverages at Robinvale Wines. They come in still and sparkling and are made from bio-dynamically grown grapes which do not contain chemicals.

By choosing organic methods and avoiding pesticides, Robinvale Wines have made a commitment to put no chemicals in their wine and aim for a more natural flavour.

This philosophy and process has won the winery numerous prizes. To add to their accolades from competitive Australian wine shows, Robinvale Wines took home a number of prizes from last year's Mildura Show. These include two firsts for their liqueur cabernet sauvignon in the sweet wine section, and for their Oak chardonnay in the dry white section.

If you can't make it to Robinvale to sample the flavours you can buy online. Robinvale Wines will deliver anywhere in Australia.

> 243 Sea Lake Road, Robinvale.
> p: 07 5026 3955
> www.organicwines.com.au



Fun & Fermentation

This week we had a preview of the much awaited Cookery School at Kunara.

Robynne Dodds of Bodyologie commenced her first series of fermentation classes with an extremely interesting and informative demonstration.

Robynne is a qualified Naturopath with a specific interest in digestive health, so is passionate about whole foods, fermentation, micro-organisms and their impact on overall wellness.

The class was enlightening as Robynne explained about the important balance between good and bad bacteria in the digestive tract and how it affects physical health as well as mood and temperament. We enjoyed delicious fermented sauerkraut and a fermented vegetable juice, and left with loads of information, recipes, and a lovely jar of bright vegetables to ferment at home.

The next class in the foundation series focusses on how to culture milk kefir, coconut water kefir and 'cheese'. The third class is about the process of creating nut and seed milks and cheese.

All the information about the classes and the next series is on the Bodyologie website, don't delay booking if you are interested as the classes are capped at 12 participants.

> www.bodyologie.com

The Cookery School timetable is being compiled at present.

Club members will receive information about the School via email.

market update

with Uwe, Fresh Produce Manager

Winter in Queensland means easy time for vegetable supply is starting. Here's what to expect...

- Plenty of pumpkins, cauliflower, cabbages and broccoli
- Unfortunately there is currently a short supply of medium sized carrots due to the weather, but we have plenty of juicing and large carrots on offer.
- The supply of tomatoes is slowly increasing. Prices are still high but are expected to come down in the next 3-4 weeks.
- Green capsicum prices are fluctuating so expect supply to decrease soon. Red capsicum are already very short in supply and currently up to \$14/kg.
- Beetroot and potatoes are plentiful with stable prices - see *recipe on page 4*
- Brown onion prices have recently risen by 50 cent/kg, which is an indication that supply is decreasing
- We can still source cucumbers but prices are up to \$4/kg for green and \$7-\$10/kg for Lebanese
- Apples are plentiful, expect pricing to be stable until December.
- Avocados are in good supply.
- Citrus - Lemons & limes are plentiful at around \$4-\$6/kg, sweet mandarins \$3.60/kg for premium grade, navels should be available until October with stable pricing.

Uwe's market update and pricing is correct at time of printing. This is a guide only, prices will fluctuate through out the month.

THE BEAUTY ROOM

Waxing

Eye brow shaping	\$12	Refresh Pedicure	\$25
Upper lip waxing	\$12	add varnish	\$30
Bikini Line	\$15	Make up	\$15
Half Leg	\$20	Radiance Facial	\$30
Half Leg with Bikini	\$30		
Full Leg	\$30		
Full Leg with Bikini	\$40	Luxury Manicure	\$17
Underarm	\$15	Deluxe Manicure	\$25

For every booking of a Radiance Facial in June, you'll receive a free Active Gold Eye Patch Infusion

For appointments, please phone 5329 7079



Dry Brushing

Try dry brushing with a good natural bristle brush 3-4 times per week. This is a great way to breakdown fats which can cause cellulite, remove dry skin from the body and stimulate the lymphatic system

meet our practioners - Kerrie Holmes

Saturday 8.30am to 12.30pm, Kerrie is at Kunara providing Kinesiology treatments.

"Kinesiology combines western techniques with eastern wisdom to promote physical, emotional and spiritual health. It is experienced fully clothed and is a non-invasive energetic healing science. It is very gentle and can be a slightly perplexing experience when it is experienced for the first time. Kinesiology is a natural therapy and looks at the person as a whole. There are flows of energy within the body that relate not only to the muscles but to every tissue and organ that go to make the body a living, feeling being. Using gentle muscle testing on specific muscles, I am able to identify and correct energetic imbalances in a person's physical, emotional, mental or spiritual states and restore balance back to their unique genetic blueprint of the body".

Kerrie says, "Kinesiology works with:

Structure - neck, back & joint pain, scoliosis, whiplash and sports injuries, balance, coordination.

Health - allergies, headaches, PMS, chronic fatigue, digestion,

candida, asthma, eczema, psoriasis, insomnia, RSI, arthritis, low energy levels, weight issues, immune system.

Learning- dyslexia, ADD, ADHD, learning difficulties, memory problems, writing problems etc.

Addictions - cigarettes, alcohol, drugs, behavioural.

Cellular- releasing programs and memories from the cells and the DNA Emotions - anxiety, stress, phobias, panic attacks, depression, co-dependencies, trauma, grief, sadness, past trauma, lack of self-confidence, self-esteem, self-sabotage, limited beliefs, difficulty in achieving goals and finding your life purpose, anger issues, behavioural problems, fears, phobias, sleep issues

Energy - meridian, chakra and aura balancing

Spirit - life purpose, past life clearing, mind body soul integration, clearing negative energy attachments. Kinesiology can assist you in any area of your life".

> For more information and bookings, please phone Kerrie on 0419 123 799

NEW PRODUCTS

German designed Garden Thermometer

Stylish in stainless steel, this thermometer stands approx 1500mm tall when stuck in the ground or a pot. It is perfect positioned under the canopy or in a shaded nook. \$39.95 at the Garden Centre.



Grass trees have arrived

Xanthorea australis. New stock has just arrived and there are some amazing double headed specimens. They range in price from single trunked specimens at \$220 each to double headed specimens from \$289 up to \$359.



Greensmart tubs on Special in June

Save water, time and effort and grow your herbs, vegies, strawberries etc in Greensmart tubs. This patented Aussie design really makes gardening a breeze. This month, purchase a small Greensmart tub for \$69.95 and receive a free bag of organic fertilizer. For only \$50 extra the Garden Centre Team will fill and plant with organic seedlings of your preference.



BEST EVER REUSABLE COFFEE MUG!

This new coffee vessel is all stainless steel, double walled so keeps coffee hot for 4 hours, completely sealed so can rattle around in the car without spilling a drop, attractive and attractively priced at \$19.95. No other cup compares! Also available - food jars in 2 sizes, excellent for taking a hot lunch to work or school. Very functional and great prices. Check them out at the Organic Cafe.



what's on in june

Head to facebook/thenaturalfoodstore and www.kunara.com.au to find out more info about all these dates.

monday	tuesday	wednesday	thursday	friday	saturday	sunday
	<i>Believe it</i> Beauty Treatments with Ceri, Thursdays 9am - 5pm & Fridays 10am - 4.00pm Fabulous skin treatments, pedicures & manicures with organic skincare ranges including Kora		 Elaeis Coconut Oil Tasting 11am-1pm 9am - 5pm Beauty Treatments with Ceri		1	2 Mieessence Skincare 10% off today
3 1pm-6pm Acupunture & Shiatsu with Matt Earsman	4 8.30-12.30pm Holistic Counselling & Life Coaching with Jilly www.brightsparkhealth.com.au p: 07 5455 6625	5 8.30-12.30pm Myopractic Treatments with Aeon	6	7 10am-4.00pm Believe it Beauty Treatments with Ceri	8 8.30am to 12.30pm Kinesiology with Kerry	9
10 1pm-6pm Acupunture & Shiatsu with Matt Earsman	11 8.30-12.30pm Holistic Counselling & Life Coaching with Jilly www.brightsparkhealth.com.au p: 07 5455 6625	12 8.30-12.30pm Myopractic Treatments with Aeon	13  AntiOx Chocolate Bars Tasting 2-5pm One 80g block equal to 12 cups of green tea!	14 10am-4.00pm Believe it Beauty Treatments with Ceri	15	16
17 1pm-6pm Acupunture & Shiatsu with Matt Earsman	18 8.30-12.30pm Holistic Counselling & Life Coaching with Jilly www.brightsparkhealth.com.au p: 07 5455 6625	19 8.30-12.30pm Myopractic Treatments with Aeon 12.00-2.30pm Gypsy Rose @ Skincare	20  Brita's Jam Tasting 10am-2pm 9am - 5pm Beauty Treatments with Ceri	21 10am-4.00pm Believe it Beauty Treatments with Ceri	22	23
24 1pm-6pm Acupunture & Shiatsu with Matt Earsman	25 8.30-12.30pm Holistic Counselling & Life Coaching with Jilly www.brightsparkhealth.com.au p: 07 5455 6625	26	27 9am - 5pm Beauty Treatments with Ceri	28 9am - 12.00pm Sports Massage with Joost	29	30

june specials

Customer Club specials available in-store while stocks last.

Prices apply at time of printing and may be subject to change. Practitioner Products are not included. By law, we cannot discount them.

6 - 12 June



Organic Multi Puffs
10% off
now \$32.22kg



Hippocrates Juicer
now \$550
save \$195
*lay-by available



Bambeco Baby Wipes
\$4.40
save \$1.10



Absolute Organic Soups 400g
Leek & Potato, Tuscan Veg, Barley, Tomato & Basil
now \$2.00 each



Organic Oranges
10% off
marked price



South Cape Goats Cheese 120g
now \$5.60
save 20%

13 - 19 June



Dairy free Chocolate
10% off
now \$28.35



Manuka Honey UMF 5+ 1kg
now \$35.96
save \$8.99



Mukti Balancing & Mukti Nourishing Face Cream
\$31.95
save \$8.00



Well Naturally AntiOx Chocolate Bars
20% off the range



Organic Jap Pumpkin
10% off
marked price



Elgin Frozen organic diced pumpkin
now \$7.95
save 20%

20 - 26 June



Organic Soup Mix
10% off
now \$9.05



Rochway Olive Leaf Extract 500ml
now \$25.55
save \$6.40



Weleda Pomegranate Hand Cream
\$19.16
save \$4.79



Brita's Organic Jams 200g
20% off the range



Organic Red Apples
10% off
marked price



Momo's Organic Lamb & Balsamic Soup 600g
now \$5.55
save 20%

27 June - 3 July



Naturally Dried Mangosteen
10% off
now \$43.20



Neo Oscar Juicer
now \$425
save \$104
*lay-by available



Mukti Body Oil
\$25.56
save \$6.39



Bouillon Marigold Stock
20% off the range



Organic Hass Avocado
10% off
marked price



Mighty Bean Tempeh original & oriental
now \$4.95

recipe quick fresh borscht

50g ghee or coconut oil
350g beetroot
2 medium potatoes
1 carrot
1 medium onion
2 tomatoes
½ medium cabbage
6 cloves garlic crushed
1/2 teaspoon fennel seed

Peel and dice beet, carrot, potato, tomato, onion. Chop cabbage. Melt ghee/oil, add all above ingredients, stir to coat with oil, cook slightly.

Add 1 tbsp cider vinegar
2 litres water and bring to a slow simmer for 20 minutes or until potatoes are just cooked. Taste, add salt as required. Remove from heat
Grate 1 medium beetroot. Serve into bowls, top with a handful of grated fresh beet, a tablespoon of sour cream or yoghurt and a sprinkle of fresh dill.

