

May 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

TRIVIA NIGHT

@Kunara

please join us!

On Saturday 1st June, Kunara Organic Café will be hosting our first Fundraising Trivia Night in conjunction with OXFAM and "Inner Stride" which consists of 4 adventurous locals (one of them our HR Operations Manager) who are to embark on the challenge of walking 100km across strenuous terrain 'with no sleep', just sheer determination to raise some well needed funds for world renowned charity OXFAM. Training commenced months ago, more recent session being a walk from Imbil to Cooroy (35km). Toenails have been lost and blisters a plenty, but all in the name of fundraising for a great cause.

OXFAM Trailwalker Brisbane will be held on 14-16 June and will see 400 teams walk 100km within 48 hours from Mt Glorious, through the D'Aguilar National Park, to Mt Coot-tha. The event is not just a tough physical challenge, it is also a rewarding fundraising challenge, with each team raising funds to support people living in poverty around the world. Inner Stride's team motto is "Strength From Within to Help Those Without". Inner Stride intend to raise \$15,000 as their team contribution for the event. OXFAM are still looking for an additional 600 volunteers for the event so get online and become part of this feel good experience.

This is an exclusive Trivia Night with over \$3000 in prizes and auctions, capped at 12 teams of 6-8 people at \$20 per head. The ticket price includes delicious organic wholesome food, three drink vouchers, an "Inner Stride Gratitude Bag" filled with treats, discounts and vouchers for every guest, trivia fun, music and entertainment with local renowned Sunshine Coast Trivia Guru "Gerry" plus constant raffles and door prizes – all funds raised going directly to OXFAM.

Tickets: Contact Tamara on 5445 6440
0419 111 300
tamara@kunara.com.au.

If you can't make the event but would love to make a donation visit:
trailwalker.oxfam.org.au/team/home/13947

win win win win win win

At Kunara we've decided to extend Mother's Day to the whole month of May with a chance to win this fabulous package, kindly sponsored by Nurture Magazine, Weleda & Gaia. Of course, all customer club members are eligible to win this prize. If not a mother yourself, you could recognise a special mother in your life with this special gift. Surprise your wife or partner, your own mother, your mother-in-law, a girlfriend who's a great mum or about to become one. Or keep it for yourself! Good Luck!



1. Annual Subscription to Nurture Australia's Natural Parenting Magazine

Australia's Natural Parenting Nurture Magazine

www.nurtureparentingmagazine.com.au



WELEDA



2. Weleda Pamper Pack for Mother & Baby worth over \$300



3. Gaia Organic Cotton Women's PJ's

win win win win win win

One lucky Customer Club Member will win...

First Prize: An annual subscription to Nurture Australia's Natural Parenting Magazine, a Weleda Pamper Pack worth over \$300 & Gaia Organic Cotton PJ's.
Second Prize: An annual subscription to Nurture Australia's Natural Parenting Magazine.

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 June 2013.

Stay healthy & happy this Winter

Now Queensland Winters can't exactly be compared to those down South or the snowy climes in many European Countries or American States. However, as soon as the sun goes down there is a decided difference to what we've been accustomed to in the warmer months – there's a distinct chill in the air. We don't get as much fresh air (close windows and doors, stay indoors more); we may even change the aircon from cooling to heating. For a few months our lifestyle changes.

To ensure that these changes don't impact on our health, we've put together a few tips that may help you to stay happy and healthy throughout the colder months:

- We gravitate toward richer (comfort) foods in Winter... for good reason. We need to stay warm, lubricated and healthy. Allow yourself to indulge in high quality dairy, nuts and seeds, dried fruits, organic meats, and healthy fats — you can feel satisfied without jumping on the sugar train.
- With the increase in heavier foods, be sure to increase spices and foods that help keep digestion lively. Many of these foods and spices have the added benefit of boosting your immune system because they are antibacterial. Try adding dark leafy greens, berries, garlic, onions, ginger, cumin, oregano, and cinnamon to your recipes whenever you can.
- Strengthen your body's defences by keeping your gut healthy. Consume foods that have natural probiotics (like yoghurt, kefir, miso soup, cultured vegetables, sauerkraut), or take a high quality supplement.
- Pay attention if your skin feels tighter these days; you may need to switch to a harder natural moisturizer like cocoa butter.
- Use humidifiers to keep the air you are breathing moist and if your sinuses feel 'stuffy', try swabbing your nose with a q-tip dabbed in coconut oil or olive oil.
- Diffuse essential oils to increase the negative ion count in your air (shown to help mitigate the effects of seasonal affective disorder).



- Be proactive about preventing ear infections. Warm up garlic oil to body temperature and put a dropper full into each ear canal.
- We breathe a lot more indoor air in the winter, so be especially careful to keep it clean and free of toxins. Rotate an air purifier into different rooms and let indoor green plants help keep your air clean and fresh.
- Don't become a Couch Potato! Keep physically active during the winter to maintain and enhance mental health and physical immunity.
- Prioritize sleep and follow the nature's lead. As the days get shorter, shift your sleep routine toward going to bed earlier and to allow your body more hours to rest and repair.
- Finally, create a Feel Good List. Instead of giving in to watching lots of TV/movies in the evenings and cooler weekends, take a moment to brainstorm all the things you and your family can do, that are fun, that feel indulgent, and that make you happy. Keep this list posted and draw from it to make your days – and Winter - more special.

SPOTLIGHT ON... BREAD With so many varieties to choose from, the humble loaf can now be the star of the meal.



deeks Grain-free Breads

deeks produce 100% gluten-free and grain-free foods for everyone to enjoy. deeks bakery specialises in great tasting gluten-free and grain-free food. They do not use any grains at all, so all the products are ideal for people with gluten and grain intolerances who don't wish to compromise on taste. The products boast superior taste and texture to other gluten-free bakery products. All the breads are hand-made at the deeks premises in the ACT. They have a long shelf life without added preservatives.



deeks breads arrive in-store on Wednesday. The range includes Pumpkin Healthloaf, Besan Healthloaf, Quinoa Loaf and are priced from \$8.70



SOL BREADS - Brisbane
Range includes: Naturally leavened Organic Sourdoughs, GF Rice & Pumpkin Sourdough, GF fruit loaves, spelt tin loaves. Sol is delivered on Monday, Wednesday & Friday.



DOVEDALE - Victoria
Made using certified organic and GE free grains, fruits and stone-ground flours, filtered water, sea salt and natural ingredients. All breads are free of bakers yeast, dairy products and sugar. Delivered on Fridays.



MONICA'S - Forest Glen
Crafted right here at Kunara, this is the freshest gluten free bread around! Rolls are baked Tuesday mornings and on the shelves by 11am. \$6.95 for pack of 4.



ZEHNDER - Maleny
This local bakery is family owned and operated. They have an international reputation for producing bread that is enjoyed by everyone, not just those requiring gluten free. Find Zehnder breads in the freezer.



LIFESTYLE BAKERY - SA
Lifestyle make sprouted grain breads, so they don't need to use flour and can retain and enhance all of the nutrients in a delicious loaf of bread. Lifestyle is delivered on Thursdays.



MONICA'S - Forest Glen
The organic Superseed Loaf is a nutrient dense gluten free, grain free loaf packed with dietary fibre. Superseed loaves are baked daily in the Kunara kitchen and available for purchase at the Organic Cafe and the Foodstore.

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	Luxury Manicure	\$17
Full Leg	\$30	Deluxe Manicure	\$25
Full Leg with Bikini	\$40		
Underarm	\$15		

gift vouchers available. A lovely way to say 'thankyou' to someone special
For appointments, please phone 5329 7079

Natures Child Towelling Nappies save the environment & money. Save up to \$2700 over a 3 year period!

Made from 100% organic cotton. On sale 16-22 May



tips from Ceri...

Moroccan Argon Oil

Rich in vitamin A & E, Argon oil can be used to smooth, soften and add a shine to hair. Argon oil may also be used on the skin if its certified organic for extra moisturising.



new: **Baby Organics** by Green People. Fragrance free, pure baby wash products. Find them in the Skincare Department.

NEW PRODUCTS



FLYING WEST
Small Batch Roasters

Flying West Coffee

From their small batch roastery near Noosa, Flying West source and roast the finest quality coffee beans from all around the world.

With the help of his passionate team, owner and operator Ben West has spent the last 10 years developing his method to ensure he offers customers the best coffee experience possible. Flying West Small Batch Roasters were awarded a bronze medal in the 2012/13 National CSR Golden Bean Roaster Awards. The prestigious awards, run by Cafe Culture magazine, attract some of the biggest names in Australian coffee. Their signature blend 'Cheeky Monkey' outshone hundreds of other entries to take out a bronze medal in the milk based category.

Flying West range including Organic Blend, Cheeky Monkey, Decaf are available in take-home packs at the Organic Cafe.



NEW CHAI AT THE CAFE

what: black tea leaves & chai spices stoneground to a fine powder

why: shorter infusion time and stronger depth of flavour for chailatte, our most popular non-coffee drink.

how: steeped in 1/2 hot water and topped up with steamed milk of choice, served in a teapot with a strainer. This real chai tea so does not dissolve & does not strin completely...so watch the last sip!

in the fridge

At last! We are finally stocking the well loved and award winning cheese from Cedar St Cheeserie @ Maleny
Buffalo Mozzarella
 \$12.40 / 150g
Buffalo Haloumi
 \$12.40 / 100g

Freshly Pressed Almond Milk

now in the fridge!
 \$4.95 / 400ml



Neoflam Family Plus Pack Fabulous price for 22cm Casserole 3.4L, 26cm Low casserole 3.7L, 26cm Fry pan, Silicon gloves. The 26cm glass lid that come with the casserole can be used with the fry pan. Available at the Garden Centre now.

RRP \$449
Now just \$249
You save \$200



Traditional pine seed trays to get seedlings off to a flying start. Nesting set of 2 small trays and one large tray. **Ideal for planting seeds and seedlings,** this beechwood dibblet has 1cm graduations to measure depth of hole.



balm organic candle

These beautiful candles contain no synthetic fragrance oils or dyes which can be harmful and pollute. Pesticide free soy wax and non-toxic, zinc free cotton wicks combined with the purest essential oils create an amazingly fragrant and calming candle.

Ylang Ylang & Sandalwood, Lemongrass & Cedar Wood
 Lime & Ginger
 Rose Geranium & Patchouli

S \$29.95 Burn time 30 hours
 M \$39.95 Burn time 50 hours
 L \$49.95 Burn time 70 hours

Exclusive to the Garden Centre!
 Pure blended essential oils in hand poured candles.



monday	tuesday	wednesday	thursday	friday	saturday	sunday
 <p>message from the Fridge Dept... Queesland supplier Peace & Live Vegetables are having trouble sourcing organic cabbages, so their delicious organic Byron Bay Sauerkraut will be out of stock until further notice. Sorry!</p>		<p>1 8.30-12.30pm Myopractic Treatments with Aeon</p>	<p>2 2pm-5pm Mukti Demo @ Skincare 12.00-4.00pm Rochester Natural Drinks Tasting</p>	<p>3 10am-4.30pm Believe it Beauty Treatments with Ceri 12.00-4.00pm Rochester Natural Drinks Tasting</p>	<p>4 10am - 2.00pm Rochester Natural Drinks Tasting</p>	<p>5 Miessence Skincare 10% off today</p>
<p>6 1pm-6pm Acupunture & Shiatsu with Matt Earsman</p>	<p>7</p>	<p>8 8.30-12.30pm Myopractic Treatments with Aeon</p>	<p>9 9am-5pm Believe it Beauty Treatments with Ceri</p>	<p>10</p>	<p>11 8.30am to 12.30pm Kinesiology with Kerry</p>	<p>12 Mother's Day</p>
<p>13 1pm-6pm Acupunture & Shiatsu with Matt Earsman</p>		<p>15 8.30-12.30pm Myopractic Treatments with Aeon 2.00-5.00pm Maleny Dairy Yoghurt, Custard & Milk tasting</p>	<p>16</p>	<p>17</p>	<p>18 8.30am to 12.30pm Kinesiology with Kerry</p>	<p>19</p>
<p>20 1pm-6pm Acupunture & Shiatsu with Matt Earsman</p>	<p>21</p>	<p>22 8.30-12.30pm Myopractic Treatments with Aeon 12.00-2.30pm Gypsy Rose @ Skincare</p>	<p>23</p>	<p>24</p>	<p>25 8.30am to 12.30pm Kinesiology with Kerry</p>	<p>26</p>
<p>27 1pm-6pm Acupunture & Shiatsu with Matt Earsman</p>	<p>28</p>	<p>29</p>	<p>30 9am-5pm Believe it Beauty Treatments with Ceri</p>	<p>31 10am-12.00pm Believe it Beauty Treatments with Ceri 12.30 - 4.00pm Sports Massage with Joost</p>		

may 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.

2 May - 8 May



Rochester Natural Drink Varieties
750ml save \$4.00
now \$15.95



Vita Life CO Q10 150mg
20% off
now \$26.90



Grahams Body Wash 250ml
\$11.96
save \$2.99



Absolute Organic Pasta Sauces 350g
Arrabiata, Vegetable, Neapolitana
now \$3.80 each



Organic Zucchini
\$3.95kg

9 May - 15 May



Coyo Natural Yoghurt 1kg
now \$12.95
save \$2.00



Ewan Stainless Steel Bottles 600ml
20% off
now \$14.95



Logona Chamomile Shampoo 250ml
\$17.56
save \$4.39



Hari Har Chai
20% off the Chai Range



Organic Broccoli
10% off marked price

16 May - 22 May



Canadian Raw Salmon Fillets 180g
\$11.70
10% off



Premium Antioxidant Maqui Berry
\$35.80, save \$8.95



Natures Child Towelling Nappies
\$49.95
save \$20.00



Planet Organic Teas - 20% off the range.
16 May- 5 June



Organic Green Pears
10% off marked price

23 May - 29 May



Barambah Organic Shredded Cheese 250g
\$5.00 each
save \$2.70



GoodHealth Body Cleanse 7 Day Detox
\$46.50, save \$11.60



Saya Detox Face & Body Scrub
\$23.96
save \$5.99

Planet Organic Teas - 20% off the range.
16 May- 5 June



Organic Carrots
10% off marked price


30 May - 5 June



Byron Ginger Nectar 1ltr
now \$7.00
save \$1.95



Cellfood 30ml
now \$40.10
save \$10.00



Thursday Plantation Tea Tree Handwash 250ml
now \$6.36



Planet Organic Teas - 20% off the range.
16 May- 5 June



Organic Potatoes
10% off marked price

recipe Oat Pancakes

A quick and easy breakfast recipe, perfect with a cup of raw cacao hot chocolate. They pack well for lunchboxes too!

- 1 cup rolled oats
1 ripe banana
1 egg
3/4 cup milk of choice
Whizz together until a batter forms. A stick blender works well. Keep some lumps for texture.
- Add 1 roughly chopped green pear to the batter. Heat a nonstick pan and dollop 2 tbs of batter per pancake into pan. Flip when the edges appear cooked. Eat as is or with yoghurt, butter or fruit salad.

