



Your Online Organic Marketplace - Delivering Fresh Food & Groceries To You!

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OWNED

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3715 5381

19 Staple Street
Seventeen Mile Rocks
Qld 4073

New



Organic Mojo Kombucha Drink

Kombucha is an ancient handmade elixir that is created by a unique fermentation recipe. A living Kombucha Culture transforms the original Organic ingredients to create a natural, living health drink that is said to assist in balancing the mind, the body, the spirit and the soul. Pure MOJO! Low in Sugar, Certified Organic, Vegan Friendly, Gluten Free & Australian Made and family owned.

~~\$2.50~~ **\$3.00** 330ml

New



Organic Aduki & Pinto Beans

Aduki and Pinto beans soaked overnight and thoroughly cooked at Eden's Certified Organic and kosher cannery with purified water and zero chemical additives. Pinto beans are an all-purpose bean with a mild, sweet and creamy flavor. High in fiber and a good source of protein, iron, folate B9, and magnesium. Aduki beans are a compact red bean that's mild, sweet, strengthening, easy to digest and balancing. Traditionally enjoyed at New Year's for good fortune.

\$3.75 250g

New



Ecostore Auto Dishwash Tablets

These all-in-one dish tablets with built in rinse aid will leave your dishes beautifully clean, without nasty chemical residues. The plant and mineral based ingredients in our dishwash tabs provide powerful stain removal, while preventing spots, streaking and build-up of limescale in your dishwasher. They are individually wrapped in a PVA biodegradable wrapper that dissolves in your machine, so there's no need to touch the tablet.

\$23.81 50 tablets

New



Try Our New **LACTOSE FREE** Natural Yoghurt



from Barambah Organics

~~\$4.30~~ **\$4.00** 500ml

This natural yoghurt is free of lactose. We add a natural lactase enzyme that breaks down lactose, into simpler forms of sugars, glucose and galactose, which increase slightly the sweetness of the milk. It also reduces the acidic taste of the natural yoghurt.

Barambah Organics is an **Australian owned company** based in South East QLD. Barambah produces high quality Certified Organic dairy products. Barambah Organics sources its fresh organic milk from its two dairy farms located in the Border Rivers Region, 50kms from Goondiwindi. Our cows are grass fed.



GET EXCITED ABOUT YOUR FRUIT & VEG!



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Spring is here

As you all know Spring has arrived and with it more sunshine, longer days and a new crop of fresh tasty produce. And now that Spring has sprung we will start to discuss some of the Springtime fruits and vegetables that we will see this season.

We've mentioned this before, but it is good for you to eat **Organic** and **what's in-season**. There's a whole host of reasons why this is good for you; in-season fruit is cheaper, they are higher in nutritional value, you eat a wider variety, and the obvious one - they just taste better. So now is a good time to "Spring Clean" your diet.

To get our "Spring Clean" started, we've done up a list of some of the amazing Spring fruits and veg that you will find taste the most delicious this season;

FRUITS: *Apricots, Bananas, Grapefruit, Kiwi Fruit, Lemons, Mangoes, Navel Oranges, Passionfruit, Strawberries.*

VEGETABLES: *Artichokes, Asparagus, Beets, Carrots, Fava Beans, Fennel, Garlic, Scallions, Leeks, Lettuce, Mint, Onions, Potatoes, Parsley, Peas, Radishes, Rhubarb, Spinach, Spring Onions.*



Banana Chia Date Crumble Lettuce Wrap

What You Need

- Lettuce leaves
- Ripe bananas
- 1 cup walnuts
- 1 1/3 cups pitted organic (medjool) dates
- 2 tablespoon hemp seeds
- 1 tablespoon chia seeds
- 1/4 teaspoon sea salt

How To Do It

- In a food processor, pulse together the walnuts, medjool dates, hemp seeds, chia seeds, and salt. Continue pulsing until the mixture is crumbly and broken down, but not quite sticky the way you'd want a snack bar base to be.
- Nestle fresh banana in a lettuce leaf, top with chia crumble and enjoy!



Spring Grilled Asparagus

What You Need

- 1 bunch of fresh asparagus, trimmed
- 1 tablespoon olive oil
- Salt and Pepper

How To Do It

- Preheat grill for high heat.
- Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste.
- Grill over high heat for 2 to 3 minutes, or to desired tenderness.