



The Seedy Sister Newsletter

17th April 2026

It's been a full and fast-paced couple of weeks here at The Seedy Sister. With the Easter long weekend followed by school holidays, we've seen many of you stocking up on your favourites. We genuinely appreciate your continued support — it means a great deal to us.



Preparing for ANZAC Day

As ANZAC Day approaches, we take a moment to reflect and honour those who have served in our Armed Forces. It's a time of remembrance that holds deep meaning. I've been fortunate to attend ANZAC Day in Turkey twice, and it remains a truly special experience that I will always value.

With ANZAC Day falling on a Saturday this year, we'll be taking a short break from Yandina Country Markets and will instead be at Kawana Farmers Market on Saturday 25th April. As a mark of respect, we will pause during the playing of the Last Post.

This time of year always brings a renewed appreciation for the tradition of homemade ANZAC biscuits.

Following on from the healthy recipe we shared in our last newsletter, we've developed

The Seedy Sister ANZAC Biscuit Kit —

a simple, ready-to-go solution for baking your own at home.

Made using our premium organic ingredients, everything is carefully prepared for convenience. Just combine the dry and wet ingredients, bake, and enjoy. The kit uses our organic coconut oil, making it naturally dairy-free, and we also offer a Wheat, Barley & Rye-free option using our GF Organic Oats.

https://www.theseedysister.com.au/product/anzac-biscuit-mix/?utm_source=sqmktg_email

Autumn Market Days

Saturday 18th April 2026

Kawana Waters Farmers Markets – 6am – 12 noon
Yandina Country Markets – 6am – 12 noon

Sunday 19th April 2026

Noosa Farmers Market – 7am – 12 noon

Saturday 25th April 2026

Kawana Waters Farmers Markets – 6am – 12 noon
(No Yandina Country Markets due to ANZAC Day Public Holiday)

Saturday 2nd May 2026

Kawana Waters Farmers Markets – 6am – 12 noon
Yandina Country Markets – 6am – 12 noon

Sunday 3rd May 2026

Noosa Farmers Market – 7am – 12 noon

Product Updates

We've continued to work closely with our local suppliers to strengthen and expand our range of high-quality organic wholefoods, with a clear focus on consistency, freshness, and value.

Back by popular demand, our

Dark Chocolate Freeze Dried Strawberries and Dark Chocolate Coffee Beans have returned and are now available both at our market stalls and online.

Our locally grown, **Spray-free Extra Virgin Olive Oil** is now available in 1L, 500ml, and 250ml bottles. It's a standout product — rich, aromatic, and a true pantry essential.

We've also introduced a new addition to our nut range: the

Organic Seed & Nut Salad Mix.

This nutrient-dense blend combines organic pepitas, sunflower seeds, white and black sesame seeds, cashews, almonds, and pine nuts. It's a versatile staple designed to elevate everyday meals — perfect for sprinkling over salads, adding to stir-fries, or topping breads and savoury bakes before they go into the oven.

Out of Season / Currently Unavailable

Due to seasonal availability and supply constraints, the following products are temporarily unavailable:

Organic Inca Berries

Organic Mung Beans (crop failure - check website for non-organic option availability)

Organic Mung Dahl (non-organic option still available)

Biodynamic Medium Brown Rice

Organic Puffed Brown Rice (expected June 2026)

Organic Black Turtle Beans

Organic Whole Grain Wheat

French (Puy) Lentils



Featured Product

Organic Apple Cider Vinegar

Organic apple cider vinegar offers a range of practical benefits, but the key advantage lies more in how it's produced than in dramatically different outcomes.

From a quality standpoint, choosing organic means the apples are grown without synthetic pesticides or chemicals, and the vinegar is typically less processed. This often results in a product that retains the “mother”—a natural mix of enzymes, beneficial bacteria, and proteins that contribute to its functional value.

In terms of benefits:

Digestive support

ACV can help stimulate stomach acid production, which may support digestion—particularly for heavier meals.

Many people use a small diluted amount before or after eating for this reason.

Blood sugar management

There is credible evidence suggesting apple cider vinegar can help moderate blood sugar spikes after meals by improving insulin sensitivity. This is one of the more substantiated benefits.

Supports gut environment

Unfiltered ACV with the “mother” contains naturally occurring compounds that may support a balanced gut microbiome, although it's not a replacement for probiotic-rich foods.

Antimicrobial properties

Its acetic acid content gives it natural antibacterial qualities, making it useful for food preservation, cleaning, and even as a mild natural remedy in certain contexts.

Nutrient retention

Organic, minimally processed ACV may retain trace minerals and antioxidants from apples, though these are present in small amounts—not enough to rely on as a primary nutrient source.

Versatile wellness use

It's commonly used in tonics, salad dressings, and detox-style routines. While “detox” claims are often overstated, it can complement an overall balanced diet.

https://www.theseedysister.com.au/product/apple-cider-vinegar-organic/?utm_source=sqmktg_email

Benefits of Organic Teas

Organic Chamomile Flowers

Organic Chamomile tea is a low-cost, high-impact addition to a daily wellness routine. It's simple, effective, and backed by long-standing traditional use with emerging clinical support.

Core benefits

• Sleep support & relaxation

Chamomile contains apigenin, a compound that interacts with brain receptors to promote calmness and improve sleep quality. Useful as a natural wind-down tool in the evening.

• Stress and anxiety management

Mild sedative properties help take the edge off without the heaviness of stronger interventions. Works well as part of a broader stress-management strategy.

• Digestive support

Helps reduce bloating, indigestion, and mild stomach discomfort. Particularly effective after meals.

• Anti-inflammatory properties

Can assist in calming internal inflammation and may support conditions like mild gut irritation.

• Immune support

Contains antioxidants that contribute to overall immune resilience.

• Menstrual symptom relief

May ease cramping and support muscle relaxation.

Practical uses

• Evening ritual

A cup 30–60 minutes before bed to signal shutdown mode.

• Post-meal digestive aid

Helps optimise digestion and reduce heaviness after eating.

• Cold & flu support

Drink warm to soothe the throat and stay hydrated.

• Natural skincare

Cooled tea can be used as a gentle toner or compress for irritated skin or tired eyes.

• Stress reset during the day

A caffeine-free alternative to coffee when you need to stay level-headed.

Preparation tips (to maximise value)

Use 1–2 teaspoons of dried flowers per cup, steep for 5–10 minutes with hot (not boiling) water, and cover while brewing to retain active compounds.

https://www.theseedysister.com.au/product/organic-chamomile-flowers/?utm_source=sqmktg_email



Our Seedy Sister Recipe

Quinoa Salad Bowl

INGREDIENTS:

- 1 cup Organic Quinoa - cooked and cooled
- 1/2 cup Spray Free Almonds, chopped

- 1/2 cup Australian Walnuts, chopped
 - 1/2 cup Organic Pepitas
- 1 cup cherry tomatoes, halved
 - 1 cucumber, diced
- 1/2 cup red capsicum, chopped
- 1/4 cup fresh parsley, chopped
 - Juice of 1 lemon
- 3 tbsp Organic Olive Oil
- Salt and pepper to taste

INSTRUCTIONS:

1. In a large bowl, combine the cooked quinoa, chopped almonds, walnuts, pumpkin seeds, cherry tomatoes, cucumber, red capsicum and fresh parsley.
2. In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.
3. Pour the dressing over the salad and toss until all ingredients are well coated.
4. Chill the salad in the refrigerator for at least 30 minutes to let the flavours meld.
Serve chilled and enjoy a nourishing, nutty salad.
Perfect for sharing on Mother's Day!

Delivery straight to your door

As the QLD school holidays wrap up, it's time to get lunchboxes sorted for the weeks ahead.

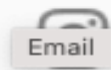
Stock up with ease—The Seedy Sister offers FREE delivery across the Sunshine Coast on orders over \$80, plus reliable Australia-wide shipping through our trusted courier partners.

Place your order by Tuesday for same-week delivery, or by Thursday afternoon for convenient pickup at our weekend markets.

Wishing you a great week ahead—we look forward to seeing you at the markets!

Jane & The Seedy Sister Team

https://www.theseedysister.com.au/?utm_source=sqmktg_email



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