



## The Seedy Sister Newsletter

### 1<sup>st</sup> May 2026

Welcome to The Seedy Sister's fortnightly update — your go-to for what's fresh, seasonal, and happening behind the scenes.

Every two weeks, we bring you a curated snapshot of new products, restocks, market updates, and practical ways to get the most out of your pantry staples. We're focused on keeping things simple, high-quality, and aligned with real, everyday use.

Thanks for being part of our community — let's get into what's new.



## May Market Days

After taking some time off for Easter and ANZAC Day at Yandina Country Markets, we are back to our regular market schedule in May - Yandina Country Markets & Kawana Farmers Market on Saturdays, and Noosa Farmer's Market every second Sunday.

### 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

**Saturday 9th May 2026**

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

**Sunday 10th May 2026 – Mother’s Day**

**Saturday 16th May 2026**

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

**Sunday 17th May 2026**

Noosa Farmers Market – 7am – 12 noon

**Saturday 23rd May 2026**

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

**Saturday 30th May**

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

**Sunday 31st May**

Noosa Farmers Market – 7am – 12 noon

## **Website Updates**

Our website update is finally complete, with new categories, product descriptions and updated photos. We are really proud of all the work that has gone into creating this update, and hope that it makes the website easier to navigate.

If you have any feedback about our latest updates, we would love to hear it!

Email Jane directly at [info@theseedysister.com.au](mailto:info@theseedysister.com.au)

## **Our Wholesale Platform is now live!**

This week we have officially launched our Wholesale Platform on Upstock. We're now inviting small businesses to partner with The Seedy Sister through our newly launched Wholesale Program.

This initiative provides direct access to a dedicated wholesale platform, built to simplify ordering and deliver competitive, wholesale-only pricing across our entire range. It's a streamlined, scalable solution to elevate your product offering while aligning with a trusted organic brand.

If you're looking to strengthen your range with high-quality, in-demand products, this is a strategic opportunity to drive added value within your business.

<https://www.upstock.app/wholesalers/md9gttn7-the-seedy-sister>

# 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, (and just in time for Mother's Day!!) our **Dark Chocolate Freeze Dried Strawberries** and **Dark Chocolate Coffee Beans** have returned and are now available both at our market stalls and online.

We have also been able to source **Premium Mung Beans, Organic Quinoa Flour, Organic Whole Wheat Grain & Organic Cranberries**

These products are available now on our website, or at the markets this weekend.

## **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)

Bio-dynamic Medium Brown Rice

Organic Puffed Brown Rice (expected June 2026)

Organic Black Turtle Beans

Organic Whole Grain Wheat

French (Puy) Lentils

We're actively working with our suppliers to reinstate stock as soon as possible. If there's a specific product you're looking for, please reach out to our team at [info@theseedysister.com.au](mailto:info@theseedysister.com.au) and we'll do our best to assist.

## Benefits of Organic Teas Organic Dandelion Leaf Tea

Organic Dandelion Leaf Tea is a nutrient-rich herbal brew known for its potent diuretic properties, helping to reduce water retention and bloating without depleting potassium levels. It supports kidney and liver health, aids digestion, and provides antioxidants, often used as a detoxifying "spring tonic".

### **Key Health Benefits:**

*Natural Diuretic & Fluid Balance:* Dandelion leaves are renowned for increasing urine output, which helps flush out excess waste and reduce water weight. Unlike many diuretics, they are high in potassium, helping to replenish what is lost.

*Digestive Support:* It acts as a bitter tonic, stimulating appetite, aiding digestion, and potentially relieving constipation.

*Liver & Kidney Support:* Traditionally used to support healthy liver function, improve bile flow, and cleanse the kidneys.

*High Nutrient Content:* Rich in essential vitamins and minerals, including Vitamins A, C, and K, as well as calcium and potassium.

*Anti-inflammatory & Antioxidant:* Contains polyphenols and taraxasterol, which combat inflammation and oxidative stress.

### **Uses of Organic Dandelion Leaf Tea:**

*Brewing Tea:* Steep 1–2 teaspoons of dried leaves in hot water for 10–15 minutes, up to three times daily.

*Detox Routine:* Often used in 2-week cycles for detoxification, followed by a break.

*Culinary Uses:* While tea is made from the leaves, fresh leaves can be added to salads, and rehydrated leaves can be used in soups or stews.

*Taste:* It has a mild, slightly bitter, and earthy flavor.

*Safety:* Consult a health practitioner if you have gallbladder issues, take diuretics, or are pregnant.

*Disclaimer:* This information is for educational purposes only and does not constitute medical advice.

# Featured Product

## Organic Rapadura Sugar

Rapadura sugar is a type of brown cane sugar that's high in molasses.

It's also known as unrefined non-centrifugal sugar (UNCS) because it's not centrifuged to remove its molasses — as is the case with white sugar.

It's produced by crushing sugar cane stalks to extract the juice, which is then evaporated in open pans. This increases its sugar concentration and viscosity, creating a type of sugar cane honey or syrup.

The sugar cane syrup is then poured into molds and cooled to give it its characteristic solid block shape, allowing for better handling, storing, and stacking (1Trusted Source).

It may also be vigorously whipped in a stainless-steel bowl to produce a granulated version.

Rapadura sugar is known under various names in different countries. In fact, rapadura is what people call it in Brazil.

Other common names include kokuto in Japan, jaggery in the Philippines, gur in India, panela in Colombia, piloncillo in Mexico, chancaca in Honduras, and tapa de dulce in Costa Rica.

Rapadura sugar is roasted-flavored with a caramel or orange-brown color — though its color may be affected by the sugar cane variety, soil quality, temperature, and chemical composition, among other factors



## Butterscotch Self Saucing Pudding

### – the easiest recipe!

I am lucky enough to have a Thermomix in my kitchen, which I love and use regularly. I discovered 'Skinnymixers' years ago, and the recipes are not only delicious, but super easy to prepare. (The recipe below is designed for conventional cooking, but can easily be adapted for the Thermomix)  
With Mother's Day just around the corner, here is the perfect recipe to share on Mum's special day.

With just a handful of pantry staple ingredients, pop this Butterscotch Self Saucing Pudding into the oven while you have dinner and it will be ready to serve by the time you are finished.

What I love about this Butterscotch Self Saucing Pudding recipe:

- Incredibly easy to make – no need to use boiling water
- It's SAUCY – yes we've made sure that it is super saucy
  - Pantry staples – very budget friendly
- Perfectly light and fluffy, even using gluten-free self raising flour
- For dairy-free you can use your choice of milk and replace the butter with Nuttelex or coconut oil
  - Make it egg free by swapping the egg for a banana

### **Ingredients**

#### ***Sauce***

- 400 g water
- 60 g Organic Coconut sugar
- 30 g Organic Maple Syrup
- 15 g molasses - or golden syrup
- 50 g butter - cubed or Organic Coconut oil
- 1 pinch salt

#### ***Pudding***

- 180 g self raising flour - gluten-free if required
- 100 g milk of choice
- 80 g butter - softened (dairy free if required)
- 40 g Organic Coconut Sugar
- 20 g Organic Maple Syrup
- 10 g molasses - or golden syrup
- 1 egg - or 1 ripe banana for egg free
- 1/2 tsp Aluminium Free Bicarb soda

### **Instructions**

1. Preheat fan-forced oven to 160°C or 320°F.
  2. Add sauce ingredients to oven proof sauté pan on medium heat. Cover and cook for 5 min. Continue with recipe while sauce heats.
  3. To make the pudding dough, add banana if using instead of egg to a mixing bowl and mash with a fork.
  4. Add remaining ingredients and mix well until combined.
- Tip the dough into dish on top of sauce and flatten it with a spoon to make one big pudding. You don't need to worry about this being perfect, it will flatten out and fill the baking dish as it cooks. Its also ok if sauce floats over it.
5. Cover with 2 sheets of foil for a tight seal or use a lid. Bake for 30 min covered. If you are using a pyrex, ceramic or glass dish you may need to cook an extra 10-15 min.

Adapted from [skinnymixers.com.au](http://skinnymixers.com.au)

We are planning on putting all our recipes (and newsletters) on our website in the next week or so for easy reference - keep an eye on our Socials for an update when they are live!

**Buy all the ingredients here:**

[https://www.theseedysister.com.au/?utm\\_source=sqmktg\\_email](https://www.theseedysister.com.au/?utm_source=sqmktg_email)

## A Final Word from Jane ...

We've been very busy behind the scenes over the past fortnight, with a complete warehouse reset to create greater efficiency, improved workflows, and a more streamlined operation.

(We do have a large number of bulk containers that we no longer use, that we have cleared from our storage area. If anyone can use some of them, please get in touch - we will be taking the to the local recycle centre this week. They would be handy for a variety of different uses - great for bulk animal food storage, or small part storage. Please get in touch ASAP if you would like some - I will post some photos on our social media pages later this morning)

Our cold room has now undergone the same upgrade and is looking exceptional. Today we're focused on Market Prep —preparing for a high-volume weekend across three markets. You'll find us at Yandina Country Markets and Kawana Farmers Market on Saturday, and Noosa Farmers Market on Sunday.

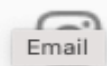
For those ordering online, warehouse collection remains available from our Coolum Beach location—an opportunity to see our operation in action. Ollie, our resident Golden Retriever and official front-of-house ambassador, is on-site Tuesdays and Thursdays and always keen to welcome visitors. He's been missing his visits to Yandina Country Markets on Saturdays but will be back next week (Saturday 9th May).

From a team perspective, we've strengthened our team with the addition of Ashleigh, Sarah, and Bianca. They'll be at the markets this weekend—take a moment to introduce yourself. Ashleigh is also our Business Development Manager - our go to for our Wholesale Program- if you would like to be part of it, please get in touch.

Our full product range is accessible online. Orders placed before 3pm Tuesday qualify for free Sunshine Coast delivery on Wednesday or Thursday. We also deliver our online orders via our courier partners, with same-week dispatch for orders placed before the Tuesday 3pm cut-off (subject to carrier schedules). We use our recycled market boxes when ever possible for deliveries, and our packaging is either fully compostable or made from recycled materials.

We've received some amazing customer feedback in recent weeks, which reinforces that we're on the right track. Keep it coming—it plays a critical role in how we continue to evolve and improve.

[https://www.theseedysister.com.au/?utm\\_source=sqmktg\\_email](https://www.theseedysister.com.au/?utm_source=sqmktg_email)



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