



The Seedy Sister Newsletter 14th May 2026

Welcome to the latest update from The Seedy Sister. It's been an incredibly busy few weeks behind the scenes, with both our warehouse and cold room undergoing a complete makeover. We're gradually creating a more organised and efficient workspace, helping us streamline operations and continue improving the way we work — although a few extra hours in each day would still come in handy!



Autumn is Here!

Autumn has definitely arrived this week, bringing cooler weather and plenty of rain. If staying warm at home sounds more appealing than heading out, don't forget that The Seedy Sister delivers straight to your door. Simply place your order by Tuesday 3pm for delivery within the same week.

We have finally managed to get rid of the gremlins in the system that were causing issues with how postage was being calculated - we are now offering delivery Australia wide using our trusted courier partners. Postage orders are subject to courier availability, but are packed and processed as they are received.

We also offer free delivery across the Sunshine Coast for orders over \$80. One of the highlights of offering local delivery is the opportunity to meet our wonderful customers and visit different parts of the coast.

Yesterday's trip to Mapleton to deliver to one of our regular customers was a timely reminder of just how beautiful the hinterland truly is. It's easy to get caught up in the pace of everyday life, so moments like these are a great reminder of how fortunate we are to live in such an incredible part of the world.

Order Online: www.theseedysister.com.au



Ollie back at Yandina Markets

After a bit of a break, Ollie will be back at Yandina Markets once a fortnight as our official Seedy Sister Welcoming Committee! (Weather permitting). He loves coming to the markets, although is normally exhausted afterwards (it's hard work being charming!!)

Here are our market dates and locations for the next month or so - mark them in your diary and come and say hello!!

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 2026

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

Sunday 31st May 2026

Noosa Farmers Market – 7am – 12 noon

Saturday 6th June 2026

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

Saturday 13th June 2026

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

Sunday 14th June 2026

Noosa Farmers Market – 7am – 12 noon



New Order Forms

With more than 200 products across our range, it's simply not possible for us to bring every item to the markets each week. That's why our full product range is always available through our website, with convenient market pick-up offered each weekend.

We regularly receive requests for specific products to be brought to the following market, and while we always do our best to accommodate these requests, ordering through the website remains the best way to avoid disappointment and secure the products you need.

To make the process even easier, from this week we will also have blank order forms available at our market stalls for customers wishing to order specific products for collection the following week. Simply ask one of our friendly team members for an order form.

www.theseedysister.com.au



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.

We are very excited to announce the launch of **The Seedy Sister Organic Coffee Beans**. Expertly sourced through a local Sunshine Coast coffee roaster, our organic blend is a medium-dark espresso roast featuring a rich, full-bodied flavour profile with notes of dark chocolate, cherry, toffee, and a smooth creamy finish.

This carefully crafted blend combines premium organic beans from Indonesia, Ethiopia, and Colombia to create a balanced and satisfying coffee experience.

Our local supplier has recently advised us that the producer of our much-loved whole dried bananas will be retiring and will no longer be manufacturing this product. We've secured the remaining available stock while we begin searching for a new supplier; however, there will likely be a transition period while we source a suitable replacement.

We are expecting delivery of our latest shipment of our very popular Kin Kin products this afternoon, fresh from the manufacturer.

While we continue to offer refill options at our markets, due to staffing availability and limited stock onsite, we are now only able to refill 1 litre bottles. We still stock 5 litre bottles for purchase both at the markets and through our website; however, we are no longer able to offer refills for these larger containers. We are also unable to recycle the 5 Litre bottles.

Customers are encouraged to bring along their own 1 litre or smaller bottles for refilling, and we also have empty refill bottles available for purchase if needed.

Back in stock this week:

Dark Chocolate Freeze Dried Strawberries
Dark Chocolate Coffee Beans
Medium Biodynamic Brown Rice
Organic Whole Wheat Grain
Organic Rye Grain
Organic Whole Wheat Grain
Premium Mung Beans
Organic Quinoa Flour
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
- Organic Mung Dahl (non-organic option still available)
- Organic Black Turtle Beans
- French (Puy) Lentils
- Organic Brazil Nuts (expected June 2026)
- Organic Dried Mulberries (limited supplies available at the markets this weekend)

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@theseedsister.com.au and we'll do our best to assist.



Benefits of Organic Teas Organic Hibiscus Flower

Hibiscus tea is a refreshing herbal tea made from the hibiscus plant, known for its tart, cranberry-like flavour and impressive antioxidant content. Research suggests it may offer a range of potential health benefits, including supporting heart, liver, and overall wellbeing.

Some of the key benefits linked to hibiscus include:

- Rich in antioxidants that help protect the body from free radical damage
 - May assist in lowering blood pressure and supporting heart health
 - Could help improve cholesterol and blood fat levels
 - May support liver function and overall liver health
- Potentially assists with weight management and reducing body fat
- Contains plant compounds being studied for possible anticancer properties
 - May help slow the growth of certain bacteria
- Naturally caffeine-free, easy to prepare, and enjoyable served hot or cold

While many studies show promising results, much of the research has been conducted using concentrated hibiscus extracts or animal studies, meaning further human research is still needed.

With its vibrant colour, refreshing flavour, and potential wellness benefits, hibiscus tea is a simple and delicious addition to a healthy lifestyle.

Adapted from: [healthline.com/nutrition/hibiscus-tea-benefits#flavorful-and-easy-to-prepare](https://www.healthline.com/nutrition/hibiscus-tea-benefits#flavorful-and-easy-to-prepare)

Explore our range of Organic Teas

<https://www.theseedsister.com.au/product-category/organic-teas/>



Featured Product Organic Medjool Dates

Medjool dates are naturally sweet, nutrient-rich fruits often referred to as “nature’s candy” due to their caramel-like flavour and texture. They are a popular source of quick energy and can be enjoyed fresh or dried.

Despite their high natural sugar content, dates also provide valuable nutrients, including fibre, potassium, B vitamins, copper, and manganese. Two Medjool dates contain approximately 133 calories, 36g of carbohydrates, 3.2g of fibre, and 334mg of potassium. They are naturally fat-free, cholesterol-free, and sodium-free.

Some of the key benefits of Medjool dates include:

- A natural source of quick energy
- High in fibre, which supports digestion and helps keep you feeling fuller for longer
 - Rich in potassium to support hydration, heart health, and muscle function
 - Contain B vitamins that assist with energy metabolism and overall wellbeing
- A healthier alternative to highly processed sweet snacks and desserts

Because dates are calorie-dense and naturally high in sugar, portion control is important, particularly for those managing blood sugar levels or watching calorie intake. However, when enjoyed in moderation, they can be a nourishing addition to a balanced diet.

Dates are incredibly versatile and can be eaten on their own or added to smoothies, salads, yoghurt bowls, trail mix, baking, or stuffed with nut butter for a satisfying snack.

Explore our range of Organic Dried Fruit: <https://www.theseedysister.com.au/product-category/organic-dried-fruits/>



Our Seedy Sister Recipe Medjool Date Bliss Balls

INGREDIENTS

12 Organic Medjool dates
1 cup Natural Almond meal
1/2 cup Organic Desiccated Coconut
1/3 cup Organic coconut oil
1/3 cup Organic Cacao powder
1 tbsp Organic Chia seeds
1/3 cup Desiccated Coconut for rolling

INSTRUCTIONS

1. Place dates in a medium bowl and cover with water. Stand for 1 hour. Drain and discard seeds.
2. Process dates, almond meal, shredded coconut, coconut oil, cacao powder and chia seeds until mixture comes together. Transfer to a bowl and stand for 20 minutes for chia seeds to soften.
3. Place the coconut in a shallow dish.
4. Roll level tablespoons of mixture into balls. Roll in the coconut to coat.

Why we love these healthy protein balls

A great source of protein as well as fibre and healthy fats, our no-bake snacks are ideal for an energy boost either pre or post workout or just to combat those afternoon food cravings. And, aside from soaking and resting time, they have minimum prepping. By using dates- not honey - as a sweetener they are also vegan friendly. Check out some other protein ball recipes.

What goes into these tasty bliss balls?

Organic Medjool Dates: We use Medjool dates which are a fresh version of the more common dried version. With a deep nearly caramel flavour they make an excellent natural sweetener. Find them in the refrigerated fruit section of the supermarket.

Natural Almond meal: Adds fibre to protein balls as well as working as a flour replacement helping to bind the mixture.

Organic Desiccated Coconut: Is rich in healthy fats as well as fibre. To get extra life out of shredded coconut, store in an airtight container in the fridge to prevent the oils from going rancid.

Organic Coconut oil: While there are many differing opinions regarding the benefits of coconut oil, it does add fat which helps curb hunger

Organic Cacao powder: Not only gives the chocolate-y flavour to these easy protein balls, it contains antioxidants and has anti inflammatory properties.

Organic Black Chia seeds: Add protein, fibre and omega-3 fatty acids

Adapted from: taste.com.au/recipes/healthy-cacao-coconut-date-balls/74b65893-7f88-4b12-9f00-6f5a387c4123

Order Ingredients online: www.theseedysister.com.au



Thank you, as always, for your ongoing support of The Seedy Sister. We truly appreciate every order, market visit, and kind conversation along the way.

We've now uploaded all of the recipes featured in our newsletters to the website, making them easy to access anytime, and we'll continue adding new recipes each fortnight as they are released. We've also added copies of previous newsletters for convenient reference.

If there are any recipes or ideas you'd love to see featured in future newsletters, we'd love to hear from you.
Please email Jane at info@theseedysister.com.au

We hope you enjoy this fortnight's updates, products, and recipes, and we look forward to seeing you at the markets or delivering your orders soon. Until next time, stay warm, eat well, and take a moment to enjoy the simple things this season brings.

Jane & The Seedy Sister Team 🌿



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