



The Seedy Sister Newsletter 28th May 2026

Welcome to the latest fortnightly update from The Seedy Sister. As always, we're excited to share what's been happening behind the scenes, along with product updates, seasonal highlights, market news, recipes, and a few of our favourite finds from the past couple of weeks.

At The Seedy Sister, we're passionate about making wholesome, organic food more accessible while continuing to grow and improve the way we support our wonderful community of customers. Whether you shop with us online, visit us at the markets, or follow along through our newsletters and recipes, we truly appreciate your ongoing support.

We hope you enjoy this edition and find plenty of inspiration for healthy eating, simple living, and making the most of the season ahead.



Australia Wide Postage Now Available (and working properly!)

You may remember a couple of weeks ago we were very excited to announce that we were now able to post Australia wide, using our courier partners.

We've had a few issues with how the postage has been calculated from the website, with postage costs being calculated far higher than they should have been on the website. I am very happy to announce that we have finally fixed these issues, and postage is finally being calculated at the correct rates.

A huge thanks has to go to Gareth from Lightbox Interactive Designs for all the time and effort that has gone into getting this finally up and running correctly.

To celebrate this milestone, we are starting our 'Refer a friend' promotion - recommend us to your friends, and when they place an order online for delivery, you both get \$5 off your next order!

Friends need to enter the code 'friend' in the coupon section, and then your name in the Order notes section, and customers referring their friends need to enter 'refer' to receive the discount on their next order. Valid only for online delivery orders (minimum order value \$80)

www.theseedysister.com.au



Upcoming Market Dates

It's hard to believe that it's almost June already!! This year is flying by, and the markets are definitely getting busier!!

This week we have launched some advertising, so keep an eye out for it, and get your orders in early!! We deliver for free on the Sunshine Coast (for orders over \$80) or pickup is also available from the markets (no minimum order for pickup)

Here is a list of our upcoming Market dates:

(Ollie will be at Yandina Markets this weekend - weather permitting)

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

Saturday 20th June 2026

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

Saturday 27th June 2026

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

Sunday 28th June 2026

Noosa Farmers Market – 7am – 12 noon

For Sunshine Coast deliveries:

Orders in before 2pm Tuesday for same week delivery

Orders in before 4pm Thursday for Market pickup

All Other areas:

Orders in by 2pm Tuesday will be dispatched the same week (subject to courier availability)

Orders in after 3pm Thursday will be dispatched the following week



Product Updates

We've continued to collaborate closely with our local suppliers to expand and enhance our range of premium organic wholefoods, while maintaining a strong commitment to freshness, consistency, quality, and value for our customers.

Following the success of our popular ANZAC Biscuit packs, we're excited to now introduce The Seedy Sister Medjool Date Bliss Ball Packs. Each pack contains all the ingredients needed to make our delicious Medjool Date Bliss Balls recipe featured in our last newsletter.

All the recipes from our previous newsletters (as well as our newsletters) are now available on our website for easy access and reference.

Some of our popular winter products are starting to come back into season.

This week our Organic French (Puy) Lentils, Premium Black Turtle Beans, and Inca Berries have all come back into stock from our local supplier. We now also have our very own line of Organic Extra Virgin Coconut Oil available in three new sizes - 1kg, 500g, & 250g. They will be available this weekend at the markets, as well as online on our website.

<https://www.theseedysister.com.au/recipes>



Benefits of Organic Teas Organic Peppermint Leaf

Few herbs have stood the test of time like peppermint. It's one of the most studied botanicals for digestive comfort — valued across cultures for its ability to ease bloating, cramping and that uncomfortable post-meal heaviness.

The active compound menthol has a natural antispasmodic action on the smooth muscles of the digestive tract — which is why herbalists and naturopaths have reached for it for centuries, and why modern research continues to validate that instinct. Peppermint's magic comes from a bouquet of naturally occurring plant compounds that create its unmistakable scent, cooling sensation, and time-honored wellness support. Researchers have studied peppermint for its free radical scavenging properties and its ability to help the body maintain balance in the face of occasional stress.

Some of peppermint's key constituents include:

Menthol – Responsible for peppermint's refreshing chill, menthol helps open the senses and can soothe occasional digestive upset by gently relaxing the stomach.

Rosmarinic acid – A plant compound valued for its antioxidant properties, supporting the body's natural defenses and a healthy inflammatory response.

Menthone – Adds to peppermint's signature aroma and plays a role in its traditional use for easing digestive discomfort.

Together, these compounds contribute to peppermint's long-standing reputation as both a comforting herb and a refreshing botanical ally.

Source: [wishgardenherbs.com/blogs/wishgarden/five-benefits-peppermint](https://www.wishgardenherbs.com/blogs/wishgarden/five-benefits-peppermint)

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



Featured Product Organic Lentils

Lentils: Nutrition, Benefits, and How to Cook Them

Lentils can be an addition to a nutrient-rich diet. Their health benefits include fibre protein, and key vitamins.

Lentils are edible seeds from the legume family.

They're well known for their lens shape and sold with or without their outer husks intact. They're a common food staple in regions such as Western Asia and North America.

Different types of lentils

Lentils are often categorized by their colour, which can range from yellow and red to green, brown, or black.

Here are some of the most common lentil types:

- *Brown (Laird Lentils)* - These are the most widely eaten type. They have an earthy flavour, hold their shape well during cooking, and are great in stews and soups.
- *Puy (French Lentils - back in stock this week!)* These come from the French region Le Puy. They're similar in colour but about one-third of the size of green lentils and have a peppery taste.
 - *Red (Split Lentils)* - These lentils are split and cook quickly. They're great for making dal and have a somewhat sweet and nutty flavour.
- *Black Beluga* - These are tiny black lentils that look almost like caviar. They make a great base for warm salads.

Highly nutritious

Lentils are often overlooked, even though they're an inexpensive way of getting a wide variety of nutrients. For example, they're packed with B vitamins, magnesium, zinc, and potassium.

Lentils are made up of around 25% protein, which makes them an excellent meat alternative. They're also a great source of iron, a mineral that is sometimes lacking in vegetarian diets.

Lentils are high in fibre, which supports regular bowel movements and the growth of healthy gut bacteria. Eating lentils can increase your stool weight and improve your overall gut function, according to an animal study. Further testing on humans is needed to confirm these benefits.

Furthermore, lentils contain a broad range of beneficial plant compounds called phytochemicals, many of which protect against chronic diseases such as heart disease and type 2 diabetes.

The best way to cook lentils

Lentils are easy to cook. Unlike many other legumes, they don't require any prior soaking and can be cooked in less than 30 minutes. Or you can use canned lentils.

It's best to give them a rinse before cooking, to remove impurities.

You can then place them in a pot, cover them with water and a pinch of salt, bring them to a boil, and let them simmer uncovered for 20–30 minutes.

Your lentils should be slightly crunchy or soft, depending on your preference. Once they are boiled, drain and rinse them in cold water to prevent further cooking.

Some lentils, such as split orange lentils, cook within 5 minutes and are great when you want to prepare a last-minute meal or bulk up an already-cooked meal.

You can also cook lentils in big batches and use them for lunch or dinner throughout the week, as they will last for up to 5 days in your fridge.

The antinutrient content in lentils is significantly reduced by cooking. You can also soak your lentils overnight to lower the levels even further.

The bottom line

Whether brown, green, red, or black, lentils are low in calories, rich in iron and folate, and an excellent source of protein.

They pack health-promoting polyphenols and may reduce several heart disease risk factors. They're easily cooked in 5–30 minutes, which — like soaking — reduces their antinutrient content.

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



Lentil Curry Recipe

This lentil recipe is an eye opener – an incredible creamy coconut Lentil Curry made with just TWO spices! It's a streamlined version of Indian Dal, delivering a similar intoxicating curry flavour but a whole lot less complicated. Make this with any type of dried lentils, canned, or even split peas! Don't let the simplicity of this recipe fool you. This is knock-your-socks-off good, and proof that you can eat amazing food on a budget.

Ingredients

- 50g (3 tbsp) Coconut Oil
- 1 teaspoon Organic Garlic Powder
- 1 teaspoon Organic Ginger Powder
- 1 onion, finely chopped (white, yellow, brown)
- 2 tbsp Organic Mild curry powder
- 1/2 tsp Organic Turmeric powder
- 1/2 tsp Organic Cayenne pepper, optional
- 1 1/4 tsp salt
- 1/2 tsp black pepper
- 1 cup dried lentils, green or brown

- 400 ml Chef's Choice Organic Coconut Milk
- 400g Chef's Choice Organic Diced Tomatoes
- 3 cups (750 ml) water

SERVING:

- 1/2 cup coriander/cilantro, finely chopped
- Yoghurt, optional
- Organic Basmati rice (or other rice)

Instructions:

1. Sauté onion: Melt butter in a pot over medium heat. Add onion, garlic and ginger. Slowly cook, stirring every now and then, for 10 minutes until tinged with gold and the onion is sweet.
2. Cook off spices: Turn heat up to high, add curry powder and turmeric, stir for 1 1/2 minutes.
3. Add everything else: Add remaining ingredients and stir. Bring to simmer, then place lid on and adjust heat to low / medium low so it's simmering gently.
4. Simmer: Simmer for 30 minutes, then remove lid and simmer for a further 10 minutes to reduce the sauce. {See notes at end for cook times for specific lentils}
5. Lentils should be soft; sauce should be thickened and creamy. Too thick, add water. Too thin, simmer with lid off – thickens quickly.
6. Coriander: Stir through half the coriander, then taste and add more salt if needed.
7. Serve over basmati rice, sprinkled with more coriander and a dollop of yogurt. (Low carb option – cauliflower rice).

Recipe Notes:

Lentils – use any dried lentils or canned here, or split peas (will result in an interesting colour in your pot, but it will still be phenomenally delicious!).

NOTE: Age of lentils will affect cook times. Very old, dried lentils can take double the cook time. Just keep adding water until it is cooked.

COOK TIMES:

- Green and brown lentils – most common & cheapest, cook per recipe
 - Red split lentils – 25 min, uncovered the whole time
 - green split peas – 25 min, uncovered the whole time
 - Any dal (Indian lentils) such as Organic Chana dal, or moong dal – per recipe
 - French lentils (Puy lentils) – not recommended as they don't soften as well as other lentils so you won't get the same creamy, thick texture.
- Storage – will keep in fridge for up to 5 days, and in freezer for 3 months (thaw, heat, give it a good stir and it will be as good as new. Use water to thin slightly if needed.)

Adapted from www.recipetineats.com

www.theseedysister.com.au



A final word from Jane ...

The rising cost of living continues to affect households and businesses alike, and as a small business, we are certainly not immune to these pressures. While we always strive to source the highest quality products at the best possible prices, some of our suppliers will unfortunately be implementing price increases at the beginning of the new financial year.

Although we cannot always compete with the buying power of the major chains on every product, we remain committed to offering competitive pricing across our range and are often priced lower than many larger local health food stores, while continuing to focus on quality, service, and supporting local suppliers wherever possible.

Thank you for being part of The Seedy Sister community and for continuing to support our small family business. Every order, market visit, newsletter read, and recommendation genuinely means so much to us, and allows us to keep doing what we love — providing high-quality organic wholefoods to our local community and beyond.

We hope you've enjoyed this fortnight's updates, recipes, and new products, and that they bring a little inspiration into your kitchen over the coming weeks. As always, we look forward to seeing many of you at the markets, online, or out on our local delivery runs soon.

Until next time, stay warm, eat well, and take care.

Jane, Ollie & The Seedy Sister Team 