



The Seedy Sister Newsletter

12th June 2026

Hello from The Seedy Sister!

As we move through another busy fortnight, we'd like to take a moment to thank you for supporting our family-owned business. Every order, market visit, and recommendation helps us continue doing what we love—bringing high-quality organic whole foods to households across South East Queensland and beyond.

Over the past two weeks, we've been busy restocking favourites, sourcing exciting new products, and preparing for the upcoming markets. Whether you're looking to stock up on pantry essentials, discover something new, or simply make healthy eating a little easier, we're here to help.

In this edition, you'll find updates from behind the scenes, featured products, special offers, recipe inspiration, and all the details on where you can find us at the markets over the coming fortnight.

Grab a cuppa, have a browse, and enjoy this fortnight's update from The Seedy Sister team!



June & July Market Days

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

Saturday 13th June 2026

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

Sunday 14th June 2026

Noosa Farmers Market – 6am – 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 – 6am – 12 noon

Saturday 4th July 2026

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

Saturday 11th July 2026

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

Sunday 12th July 2025

Noosa Farmers Market – 6am – 12 noon



Sustainability at The Seedy Sister

At The Seedy Sister, sustainability and healthy living are at the heart of everything we do. Our vision is to contribute to a cleaner, healthier planet for future generations by making organic, low-waste living both practical and affordable.

We are continually looking for ways to reduce our environmental footprint and encourage sustainable practices within our community. At our market stalls, customers are welcome to bring their own containers to refill a wide range of products, helping to reduce unnecessary

packaging. Our dry goods are packaged in recyclable paper bags wherever possible, supporting a more environmentally conscious shopping experience.

Many of our products are supplied in glass bottles and jars, which can be returned for a discount on your next purchase. These containers are carefully washed, sanitised, and reused in our warehouse, extending their life and reducing waste.

Sustainability is also a key consideration in our delivery operations. We reuse recycled boxes sourced from local markets whenever possible for local deliveries, helping to give quality packaging a second life. For our Australia-wide orders, we have sourced recyclable postal packaging and use compostable bags wherever practical, ensuring that our commitment to low-waste living extends well beyond our warehouse doors.

Every small step makes a difference, and we are proud to work alongside our customers to create a more sustainable future. 🌿



Exciting New Products have arrived!

We've been busy behind the scenes expanding our product range, and we're excited to share some delicious new additions with you.

Our latest release is our Gluten-Free Brownie Mix, which will be available at the markets this weekend and online through our website. Made with quality ingredients and designed for convenience, all you need to add is 2 eggs (or your preferred egg alternative) and 3 tablespoons of butter or coconut oil. Simply mix, bake for 20 minutes, and enjoy rich, fudgy brownies with minimal effort. They're incredibly easy to make and absolutely delicious!

Our Organic Medjool Date Bliss Ball Packs have also been a huge hit with customers. Packed with organic ingredients, these DIY kits make creating healthy, nutritious bliss balls quick and simple. They also make a thoughtful gift for family, friends, teachers, or anyone who enjoys wholesome treats.

A few weeks ago, we introduced Organic Virgin Coconut Oil and our new Organic Coffee Beans at the markets, and we're pleased to announce that both products are now available on our website. Whether you're stocking the pantry or searching for your next favourite coffee, you can now have them delivered straight to your door.

Keep an eye out over the coming months as we continue to add new products to the range—we have plenty more exciting additions in the pipeline! 🌿 ☕ 📦



Product Updates

We have continued to work closely with our trusted local suppliers to grow and refine our range of premium organic wholefoods, ensuring we consistently deliver the highest standards of freshness, quality, and value to our customers while supporting local producers.

Out of Season / Currently Unavailable

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

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

Organic Mung Dahl (non-organic option still available)

Organic Brazil Nuts

Organic Dried Mulberries (limited supplies available at Yandina markets this weekend)

Organic Apricots (limited supplies available at Kawana & Noosa markets this weekend)

Medium Biodynamic Brown Rice

Back in Stock

Dry Roasted Peanuts

Organic Inca Berries

Organic Extra Virgin Coconut Oil Organic

Organic Hazelnuts (limited supply)



Benefits of Organic Teas - Jasmine Tea Buds

Delicately fragrant and wonderfully soothing, Organic Jasmine Tea has been enjoyed for centuries for both its flavour and its wellness benefits. Made by infusing premium tea leaves with the scent of fresh jasmine blossoms, this aromatic tea offers a calming and refreshing drinking experience.

Jasmine tea is naturally rich in antioxidants, which help protect the body from free radicals and support overall wellbeing. It may also assist with digestion, support heart health, and promote a healthy immune system. Many people enjoy jasmine tea as a gentle way to unwind, as its floral aroma is known for its calming properties and can help reduce feelings of stress and promote relaxation.

Whether enjoyed hot on a cool morning or served over ice on a warm afternoon, Organic Jasmine Tea is a simple and delicious way to add a little wellness and tranquillity to your day.

Now that the weather is getting cooler, we will be bringing a small selection of our Organic Teas back to the markets. We have a large variety of teas available on our website, so if there is something specific you would like to see at the markets, please let us know!



Featured Product:

Natural Almond Meal

If you're looking for a versatile, nutritious pantry staple, our Natural Almond Meal is a fantastic addition to your kitchen.

Made from finely ground almonds, almond meal is naturally gluten-free and packed with plant-based protein, healthy fats, fibre, vitamin E, and essential minerals. Its mild, nutty flavour makes it a popular ingredient in a wide range of recipes, from cakes, muffins, biscuits, and pancakes to savoury dishes such as crumb coatings, vegetable fritters, and homemade gluten-free breads.

Almond meal is also a great alternative to traditional flour for those following gluten-free, low-carb, or grain-free lifestyles. It adds moisture and a rich texture to baked goods while providing a nutritional boost.



Featured Recipe : Lentil Curry

We've decided to change our Featured Recipe from a fortnightly feature to a monthly feature, giving everyone more time to try, enjoy, and perfect each recipe before the next one arrives.

To kick things off, we're sharing our delicious Lentil Curry once again. Packed with flavour, nutritious ingredients, and simple to prepare, it's the perfect meal for the cooler months.

I made this curry for the first time last night, and it was absolutely delicious! To make it go even further and boost the nutritional value, I added a variety of vegetables including zucchini, red capsicum, carrots, and corn. The extra vegetables blended perfectly with the flavours and made the dish even more enjoyable while helping increase my daily vegetable intake.

Don't forget that all of our recipes, along with past newsletters, are available on our website whenever you need a little inspiration in the kitchen. Happy cooking! 🌿 🍲 ✨

Lentil Curry

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 oil 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. {Note 2 for cook times of other 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 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 provided are packets purchased within the past few months from a grocery store (i.e. not super fresh but not extremely old).

COOK TIMES:

- Green and brown lentils – most common & cheapest, cook per recipe
 - Red split lentils – 25 min, uncovered the whole time
 - Yellow or green split peas – 25 min, uncovered the whole time



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Final Word from Jane ...

Thank You for Your Continued Support

As always, we'd like to thank you for supporting The Seedy Sister and choosing to shop with a local family-owned business. Every order, market visit, recommendation, and kind word helps us continue our mission of making organic, low-waste living more accessible and affordable for our community.

Before we finish, we'd like to remind you about our exciting "Refer a Friend" promotion. If you love what we do, why not share it with your family and friends?

When a friend places their first online delivery order, you'll both receive \$5 off your next order!

How it works:

Your friend enters the code FRIEND in the coupon section when placing their online order.

They then add your name in the Order Notes section.

Once their order has been processed, you'll receive a \$5 discount on your next order by entering the code REFER at checkout.

Terms and Conditions:

Valid for online delivery orders only

Minimum order value of \$80 applies

One discount per qualifying order

Thank you for being part of The Seedy Sister community. We look forward to seeing you at the markets, packing your online orders, and bringing you more exciting products, recipes, and special offers in the months ahead.

Until next time, stay well, eat well, and live sustainably. 🌱 ❤️

The Seedy Sister Team