



The Seedy Sister Newsletter

26th June 2026

Hello Seedy Sister Community,

As we move further into winter, it's the perfect time to slow down, nourish ourselves, and stock the pantry with wholesome essentials that make healthy eating simple. At The Seedy Sister, we're continuing to focus on bringing you affordable organic and spray-free products that support your wellbeing while making sustainable choices more accessible for everyone.

Over the past fortnight, we've been busy in the warehouse, preparing your orders, attending our local markets, and sourcing exciting products to share with you. In this edition, you'll find the latest updates from The Seedy Sister, product highlights, special offers, and plenty of inspiration to help you make the most of your organic pantry.

Thank you for continuing to support our small Sunshine Coast business. Every order, market visit, and recommendation to family and friends helps us grow and continue our mission of making quality wholefoods more accessible to households across Australia.

Happy reading,
Jane & The Seedy Sister Team 🌿



July Market Days

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 2026

Noosa Farmers Market – 6am – 12 noon

Saturday 18th July 2026

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

Saturday 26th July 2026

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

Sunday 27th July 2026

Noosa Farmers Market – 6am – 12 noon





End of Financial Year Stocktake Sale – Save 10% Online

It's that time of year again — end of financial year stocktake! While stocktaking is an important part of running a business, we'd much rather spend our time packing your beautiful organic orders than counting products on the shelves.

To help us make some room in the warehouse before our annual stocktake next Tuesday, we're offering 10% off all online orders. Simply enter the code STOCKTAKE at checkout to receive your discount.

Don't forget - we deliver straight to your door - for free on the Sunshine Coast (for orders over \$80), and using our trusted courier partners to deliver Australia wide.

This time of year is busy for everyone, so it's the perfect opportunity to stock up on your favourite pantry staples, refill your household essentials, and save on the products you use every day. Whether it's nuts, seeds, grains, dried fruit, flours, oils, or cleaning products, now is a great time to fill your pantry while helping us clear some space in the warehouse.

I had the opportunity to attend the local Meet the Maker Conference this week, connecting with other passionate food producers and small businesses from across the region. The event provided plenty of inspiration, new ideas, and exciting opportunities for The Seedy Sister.

As a result, we have some wonderful new products and collaborations in the works, and we can't wait to introduce them to you very soon. Creating some extra space during stocktake means we'll be ready to welcome these exciting additions to our range in the coming weeks.

Thank you, as always, for supporting our small Sunshine Coast business. Every order helps us continue our mission of making healthy, sustainable and affordable organic products accessible to more Australian families.



Benefits of Organic Teas:
5 things to do with Organic Chamomile Flowers



Chamomile is a gentle yet powerful herb that has been valued for centuries for its many therapeutic properties. Historically recognised as one of the nine sacred herbs of the Anglo-Saxons, chamomile remains one of the most widely used herbs in modern herbal medicine. It is particularly known for supporting digestion, calming the nervous system, and soothing irritated skin, while also traditionally being used for coughs, colds, mild pain relief, teething discomfort, and respiratory complaints.

As a naturally aromatic and carminative herb, chamomile may help ease bloating and digestive discomfort, which is why it has long been enjoyed as a soothing tea after meals.

Herbal Tea

Chamomile is one of the world's most popular herbal teas, prized for its calming effects on both the digestive and nervous systems. A simple cup of chamomile tea can help promote relaxation and support restful sleep.

For a calming evening blend, combine equal parts chamomile, rose, and oatstraw with a smaller amount of lavender. Another popular combination is chamomile, peppermint, and cardamom, creating a refreshing after-dinner tea that supports digestion while offering a delightful flavour.

Chamomile tea can also be used externally. Cooled tea may be applied as a gentle wash for irritated skin or tired eyes, while warm tea can be used as a gargle for minor mouth discomfort. A strong infusion may also be inhaled as steam to help soothe congestion and irritated airways during colds.



Infused Oil

Chamomile-infused oil is traditionally used to help calm dry, sensitive, or irritated skin and may provide comfort for tired muscles and joints. The infused oil can also be incorporated into creams, balms, or massage oils.

To prepare an infused oil, gently warm dried chamomile flowers in a carrier oil using very low heat for several hours before straining. The finished oil can be added to bath water, used as a moisturising body oil, or applied to the hair as a conditioning treatment.

Bath Infusions

A strong chamomile infusion added to a bath can create a deeply relaxing experience, helping to soothe both the skin and nervous system. This preparation has traditionally been used during periods of exhaustion, stress, or recovery.

Simply steep a generous handful of chamomile flowers in hot water for several hours, strain, and add the infusion to bath water. The same infusion may also be used as a hair rinse, particularly for lighter hair, where it can enhance natural shine and brightness.

Sleep Pillows

Chamomile is often included in herbal sleep pillows due to its calming aroma. Small fabric or muslin bags filled with dried chamomile, lavender, rose, and linden flowers can be placed beside the bed or under a pillow to encourage relaxation and restful sleep.

Compresses

Thanks to its soothing and anti-inflammatory properties, chamomile infusions can be used as warm or cool compresses for irritated skin or minor discomfort. A cloth soaked in cooled chamomile tea may be applied to sensitive skin or placed on the abdomen to provide comfort during menstrual discomfort.

As with all herbal products, chamomile should be used as part of a balanced lifestyle. Individuals with allergies to plants in the daisy family should exercise caution, and professional healthcare advice should be sought for medical concerns.



Featured Product - Discover our Organic Rice Range

Rice is one of the world's most versatile pantry staples, and at The Seedy Sister we are proud to offer a beautiful selection of certified organic rice varieties, each with its own unique flavour, texture, and nutritional benefits. Whether you're preparing a hearty curry, a nourishing grain bowl, or a comforting dessert, there's a rice to suit every meal.



♥ Organic Black Rice

Often referred to as "forbidden rice," black rice has a slightly nutty flavour and turns a deep purple colour when cooked. Rich in antioxidants, it makes a striking addition to salads, grain bowls, and Asian-inspired dishes.

Cooking: Rinse well and cook 1 cup rice to 2¼ cups water for 30–35 minutes.

Try it in: Poke bowls, roasted vegetable salads, coconut black rice pudding, or stir-fries.

♥ Organic Red Rice

Red rice has a firm texture and earthy flavour, making it a nutritious alternative to white rice. It holds its shape well and adds colour and texture to meals.

Cooking: Use 1 cup rice to 2 cups water and simmer for 30–40 minutes.

Try it in: Warm grain salads, stuffed vegetables, Buddha bowls, or alongside grilled fish and roasted vegetables.

🌾 Organic Medium White Rice

A versatile everyday rice with a soft, fluffy texture that works beautifully in a wide variety of dishes.



Cooking: Combine 1 cup rice with 2 cups water and cook for 12–15 minutes.

Try it in: Fried rice, casseroles, rice puddings, or as a simple side dish.

Organic White Jasmine Rice

Known for its delicate floral aroma and soft texture, jasmine rice is a favourite in Southeast Asian cooking.

Cooking: Use 1 cup rice to 1½ cups water and cook for approximately 12–15 minutes.

Try it in: Thai curries, stir-fries, coconut rice, or served alongside grilled meats and vegetables.

Organic Brown Basmati Rice

This wholegrain variety offers the distinctive aroma of basmati rice while retaining the bran layer for extra fibre and nutrients.

Cooking: Add 1 cup rice to 2 cups water and simmer for 35–40 minutes.

Try it in: Curries, pilafs, grain bowls, and Mediterranean dishes.

Organic White Basmati Rice

Light, fluffy, and beautifully aromatic, white basmati rice is a classic choice for many cuisines.

Cooking: Use 1 cup rice to 1½ cups water and cook for 10–12 minutes.

Try it in: Indian curries, biryani, pilaf, or alongside slow-cooked dishes.

Organic Puffed Brown Rice

Light and crunchy, puffed brown rice is a fun and versatile pantry staple.

Enjoy it: No cooking required.

Try it in: Homemade muesli, granola bars, bliss balls, chocolate crackles, or simply served with milk or yoghurt for breakfast.

Whether you're experimenting with something new or stocking up on your favourite variety, our organic rice range offers wholesome options for every kitchen. Visit us at the markets or shop online to explore the full range and discover your new favourite rice. 🍚



Featured Recipe: Chocolate, date, peanut butter protein smoothie



Our indulgent, nutrient dense smoothie is great for muscle recovery, heart health and a pro-longed energy boost. Enjoy as a satisfying post-workout treat or nourishing, guilt-free breakfast that tastes like dessert.

Filled with heart healthy fats, potassium, iron and magnesium, this decadent blend is sure to become your new weekend ritual

Ingredients

- 1 cup almond milk
- 1/2 banana, *frozen*
- 2 Organic Medjool Dates, *pitted*
- 20g Organic Pea Protein powder
- 1tbsp Australian Peanut Butter
- 1tbsp Organic Cacao
- 10g Organic Hemp Seeds
- 1 cup ice

Method

Layer the base: Add all ingredients to a high-speed blender, starting with the wet ingredients first.

Blend: Process on high speed for 60 seconds until the mixture is smooth and velvety

Serve: Pour into your favourite glass or smoothie cup and enjoy immediately.

Tips

- Switch almond milk for your favourite milk or milk alternative. Use coconut milk for a deeper flavour or oat milk for a creamier consistency.
- Dates not blending properly? Try soaking them in your almond milk for 10 -15 minutes before blending.
- Not a fan of peanut butter? Try our organic almond butter for a fun flavour change!
- We use our organic unflavoured pea protein to keep our smoothie's vegan, but you



could use an unflavoured whey protein or a collagen instead.

- Didn't remember to freeze your bananas? Throw in an extra 1/2 cup of ice to keep the same texture.

Cal - 410 | Protein - 25g | Fat - 18g | Carbs - 42g | Fibre - 8g



A Final Word From Jane ...

As we come to the end of another fortnight, I would like to sincerely thank you for being part of The Seedy Sister community. Your support through our markets, online store, and social media channels has helped our small business grow, and we are incredibly grateful for every order, recommendation, and kind message we receive.

It is hard to believe that August marks one year since I took over The Seedy Sister, and what an exciting year it has been. Over the past twelve months, we have expanded our product range, strengthened relationships with local suppliers, improved our warehouse and online store, and welcomed many new customers to our community.

As we approach our first birthday under new ownership, we have some very exciting plans in the works to celebrate this milestone, including new products, special promotions, and a few surprises that we cannot wait to share with you in the coming weeks.

The Seedy Sister has always been built around community, and your feedback plays an important role in shaping our business. If there are products you would love to see us stock, ideas you would like to share, or ways we can improve your shopping experience, we would love to hear from you. Your suggestions help us continue to grow and ensure we are providing the products and services that matter most to you.

Don't forget to stay connected by following us on Facebook and Instagram, where we share new products, market updates, recipes, special offers, and behind-the-scenes glimpses of life at The Seedy Sister.

And finally, a reminder about our Refer a Friend Program. When you recommend The Seedy Sister to a friend and they place an online delivery order, you will both receive \$5



off your next order. Simply ask your friend to enter the code FRIEND at checkout and include your name in the order notes, while existing customers can enter REFER on their next order to receive their discount.

Thank you again for being part of our journey. We are incredibly excited about what lies ahead and look forward to celebrating our first birthday with you very soon.

Jane, Ollie and The Seedy Sister Team 🌿

PS - Ollie has missed seeing all his friends at Yandina markets over the last couple of weeks, but don't worry, he will be back at Yandina on July 4th! He is also head of our Welcoming Committee at the Warehouse on Tuesdays and Thursdays, and loves to welcome customers to see where the magic happens. Our warehouse is located at Coolum Beach, and orders can be picked up by appointment.



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