



The Seedy Sister Newsletter

15th July 2026

Welcome to this (slightly delayed!) edition of The Seedy Sister newsletter.

We know we're a week behind our usual schedule, but we've been busy behind the scenes working on something exciting! Over the past few weeks, we've been sourcing and testing new products, refreshing parts of our range, and making improvements that we can't wait to share with you.

This edition is packed with some fantastic new arrivals, including wholesome pantry favourites and delicious treats that we're confident you'll love. As always, we're committed to bringing you high-quality organic and natural products that make healthy living simple, affordable and enjoyable.

Thank you for your continued support and patience while we've been busy behind the scenes. Your encouragement means the world to our small business, and we're excited to show you what we've been working on. We hope you enjoy discovering our latest additions!

Happy reading,
Jane & The Seedy Sister Team 🌿





July & August Market Days

Saturday 18th July 2026

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

Saturday 25th July 2026

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

Sunday 26th July 2026

Noosa Farmers Market – 6am – 12 noon

Saturday 1st August 2026

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

Saturday 8th August 2026

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

Sunday 9th August 2026

Noosa Farmers Market – 6am – 12 noon

Saturday 15th August 2026

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

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





New Products at The Seedy Sister

We've been working hard behind the scenes to expand our range, and we're thrilled to announce that a fantastic selection of new products is now available both online and at our markets!

Whether you're looking for wholesome pantry staples, nourishing breakfast options, eco-friendly cleaning products or an indulgent gluten-free treat, there's something new for everyone.

Berkelo Sourdough Pasta

We're excited to welcome Berkelo's handcrafted Sourdough Pasta to The Seedy Sister. Made using traditional sourdough fermentation and Australian wholewheat flour, these delicious pasta shells have a rich, nutty flavour and are perfect for everything from hearty bakes to fresh pesto dishes. We will be adding to our pasta range over the next few weeks, so stay tuned!

Gluten Free Self Raising Flour

Baking just got easier! Our new Gluten Free Self Raising Flour is ideal for cakes, muffins, pancakes, scones and more, making it simple to create your favourite recipes without gluten.

Birchia Paleo Prebiotic Granola (Organic & Activated)

A nourishing blend of activated nuts and seeds with prebiotic goodness to support gut health. Enjoy it with yoghurt, your favourite milk or sprinkled over smoothie bowls for a satisfying breakfast.

Golden Granola (Organic & Activated)

Packed with activated organic ingredients and warming spices, this crunchy granola is a delicious way to start the day or enjoy as a wholesome snack.



🍫 **Cacao Brain Power (Organic & Activated)**

This nutrient-rich blend combines activated nuts and seeds with organic cacao to create a delicious snack designed to nourish both body and mind.

Chocolate Buckies (Organic & Activated)

Chocolate Buckies are a deliciously crunchy, chocolatey snack made with premium organic ingredients. Featuring crisp, activated buckwheat coated in rich organic dark chocolate, these moreish clusters deliver the perfect balance of satisfying crunch and smooth chocolate flavour.

🧼 **Kin Kin Delicates & Wool Wash**

A gentle, plant-based wash specially formulated to care for your delicate fabrics and woollens while being kind to your skin and the environment.

🧼 **Kin Kin Dishwashing Powder – 1.1kg**

One of our most popular eco-friendly products is now available in a smaller 1.1kg value-size bag, giving you more of the powerful cleaning performance you love while reducing packaging.

✨ **Kin Kin Laundry Soaker – 1.2kg**

Perfect for tackling stubborn stains and brightening whites, our Laundry Soaker is now also available in a smaller 1.2kg pack, making it even better value for busy households.

🍫 **Gluten Free Brownie Mix**

Chocolate lovers, this one's for you! Our new Gluten Free Brownie Mix creates rich, fudgy brownies with minimal effort. Simply add two eggs, butter (or coconut oil for a vegan-friendly option) and a dash of vanilla if desired, then bake for a delicious homemade treat the whole family will enjoy.

All of these exciting new products are now live on our website, making it even easier to stock your pantry with wholesome, high-quality favourites. Be sure to check them out online or visit us at one of our markets this weekend—we'd love to hear which new product you're most excited to try! We have lots more new products in the pipelines that we are very excited about - Watch this space for more updates soon!!





We continue to work closely with our trusted local suppliers to expand and refine our range of premium organic wholefoods, ensuring we deliver exceptional freshness, quality, and value to our customers while proudly supporting local growers and producers.

Out of Season / Currently Unavailable

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

Organic Dried Mulberries

(limited supplies available at Yandina markets this weekend)

Medium Biodynamic Brown Rice

Organic Brazil Nuts (Crop Failure)

Back in Stock

Dry Roasted Peanuts

Inca Berries

Spray Free Extra Virgin Olive Oil

Organic Hazelnuts (limited supply)

Organic Mung Beans

Organic Mung Dahl

Smoked Paprika





Find your perfect Granola

The Seedy Sister Granola Range

Breakfast is one of the easiest ways to nourish your body, and at The Seedy Sister we're proud to offer a granola for every taste and lifestyle. Whether you're looking for a traditional fruit-filled blend, a low-carb option, or a nutrient-dense activated granola, our range has you covered.

Apple & Cranberry Granola

A delicious combination of crunchy oats, sweet apple and juicy cranberries, this classic granola is perfect for those who love a naturally fruity breakfast. Enjoy it with milk or yoghurt, sprinkle it over smoothie bowls, or simply snack on it straight from the bag.

KETO Gourmet Peanut Butter & Sunflower Seed Granola

Designed for those following a low-carb or ketogenic lifestyle, this satisfying granola combines the rich flavour of peanut butter with crunchy sunflower seeds for a protein-packed breakfast or snack that keeps you feeling fuller for longer.

Birchia Paleo Prebiotic Granola (Organic & Activated)

This nourishing blend from Mindful Foods is made with activated organic nuts and seeds and contains prebiotic ingredients to support a healthy gut microbiome. It's a wholesome, grain-free option that's packed with flavour, crunch and natural goodness.



☀️ Golden Granola (Organic & Activated)

Bright, vibrant and full of nourishing ingredients, Golden Granola combines activated organic nuts and seeds with aromatic spices for a deliciously crunchy breakfast. It's a wonderful way to start the day and pairs perfectly with yoghurt, fresh fruit or your favourite plant-based milk.

🍫 Cacao Brain Power Granola (Organic & Activated)

For the chocolate lovers, Cacao Brain Power offers the perfect balance of indulgence and nutrition. Made with activated organic nuts and seeds, organic cacao and carefully selected superfoods, it's rich in flavour while providing wholesome ingredients to help fuel your day.

No matter which granola you choose, you'll be enjoying a breakfast that's full of flavour and made with quality ingredients. Better yet, our Mindful Foods granolas are certified organic and activated, a traditional preparation method that enhances flavour and makes them a delicious addition to a healthy lifestyle.

Browse the full range online or visit us at one of our markets this weekend to discover your new breakfast favourite!





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 morning ritual

Ingredients

1 cup milk of your choice
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



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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

New this weekend!

We're excited to introduce our Protein Smoothie Packs – the perfect way to enjoy a nutritious, café-style smoothie at home.

Simply add your favourite milk, 1 banana and 2 cups of ice – our smoothie packs contain everything else you need! Quick to prepare and packed with wholesome ingredients, they're perfect for busy mornings, post-workout recovery or a healthy snack any time of the day.

Be sure to grab one at the markets this weekend and let us know your favourite flavour!





Thank You

A Final Word from Jane

As always, thank you for supporting The Seedy Sister. Whether you shop with us online or visit us at the markets each week, your support helps us continue bringing you high-quality organic wholefoods, eco-friendly products and exciting new additions to our range.

We'd also like to let you know about a small change to our payment options at the markets. EFTPOS will continue to be available; however, from this weekend it will be accepted for purchases of \$5 or more. This small change helps us manage increasing transaction and operating costs while continuing to keep our product prices as affordable as possible. We appreciate your understanding and support.

We hope you enjoy trying some of our new products, and we look forward to seeing you at Yandina Country Markets, Kawana Waters Farmers Market, or Noosa Farmers Market, or online at theseedysister.com.au.

Until next time, thank you for choosing to shop small, support local, and make healthy, sustainable living part of your everyday life.



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