



The Seedy Sister Newsletter

30th July 2026

With the cooler weather still encouraging us into the kitchen, there's no better time to enjoy the simple pleasure of home baking. Whether you're kneading a loaf of fresh sourdough, baking a batch of muffins for the lunchbox or experimenting with gluten-free recipes, having the right ingredients can make all the difference.

This fortnight, we're shining the spotlight on our extensive range of organic and specialty flours. From Organic Bakers Flour and ancient grain Spelt Flour to our NEW Gluten Free Bread Flour Mix and a variety of specialty flours for every baking style, we'll help you discover which flour is best suited to your favourite recipes.

As always, we've also included some exciting product updates, a delicious recipe to inspire your next bake, and all the latest news from The Seedy Sister.

Happy baking, and thank you for supporting local, sustainable and organic food.



August Market Days

Sunshine Coast deliveries: Free for orders over \$80

Orders in before 4pm Tuesday for same week delivery

Orders in before 5pm Thursday for Market pickup

All Other areas:

Orders in by 4pm Tuesday will be dispatched the same week (subject to courier availability)

Orders in after 4pm Tuesday will be dispatched the following week

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

Saturday 22nd August 2026

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon

Sunday 23rd August 2026

Noosa Farmers Market – 6am – 12 noon

Saturday 29th August 2026

Kawana Waters Farmers Markets – 6am – 12 noon

Yandina Country Markets – 6am – 12 noon



Product Updates

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

Organic Cranberries (due back next week)

Gourmet KETO Macadamia & Almond Granola

Gourmet KETO Peanut Butter & Sunflower Granola

Back in Stock

Dry Roasted Peanuts

Spray Free Brazil Nuts

Spray Free Extra Virgin Olive Oil

Organic Hazelnuts

Organic Mung Beans

Organic Mung Dahl

Organic Cacao Butter

Biodynamic Medium Grain Rice

And don't forget to check out some of the new products we now have in stock!!

Berkelo Sourdough Pasta
Gluten Free Self Raising Flour
Birchia Paleo Prebiotic Granola (Organic & Activated)
Golden Granola (Organic & Activated)
Cacao Brain Power (Organic & Activated)
Organic & Activated Chocolate Buckies
Kin Kin Delicates & Wool Wash

Explore our new products here: <https://www.theseedysister.com.au/product-category/new-products/>



Flour Power

Finding the Perfect Flour for Every Recipe

From artisan sourdough to gluten-free cakes, the flour you choose can have a big impact on the flavour, texture and success of your baking. At The Seedy Sister, we stock a wide range of organic and specialty flours to suit everything from everyday baking to dietary requirements and adventurous recipes.

Here's a guide to help you choose the right one.

Organic Bakers Flour (White or Wholemeal)

Our Organic Bakers Flour is made from certified organic wheat and has a higher protein content than standard flour. This extra protein develops strong gluten, giving dough the elasticity and structure needed for a beautiful rise.

Perfect for:

Bread
Sourdough
Pizza bases
Bread rolls
Focaccia

Our White Organic Bakers Flour produces light, soft loaves with a fine crumb, while our Wholemeal Organic Bakers Flour includes the bran and germ for extra fibre, a heartier texture and a rich, nutty flavour.

Handy Tip: If a recipe calls for self-raising flour, simply add 2 teaspoons of baking powder to every cup (150g) of Organic Bakers Flour. This is ideal for muffins, scones and cakes, although the higher protein content will produce a slightly firmer texture than traditional plain flour.

Organic Spelt Flour (White or Wholemeal)

Spelt is an ancient grain with a delicious mild, nutty flavour. While it does contain gluten, its gluten structure differs from modern wheat, creating baked goods with a softer, more delicate texture.

Ideal for:

Cakes
Muffins
Pancakes
Biscuits
Pastries
Rustic breads

Choose White Spelt Flour for lighter baking or Wholemeal Spelt Flour for extra fibre and a fuller flavour.

Please note: Spelt is not suitable for people with coeliac disease or those requiring a gluten-free diet.

Gluten Free Plain Flour

Our Gluten Free Plain Flour is a versatile all-purpose flour blend that's perfect for everyday gluten-free baking.

Best for:

Cakes
Muffins
Biscuits
Pancakes
Cookies
Sauces and gravies

NEW! Gluten Free Bread Flour Mix

Making gluten-free bread has never been easier.

Our NEW Gluten Free Bread Flour Mix is a carefully balanced blend of brown rice flour, buckwheat flour, tapioca starch, sorghum flour, potato starch, psyllium husk and Himalayan sea salt.

Specially formulated to maximise flavour, texture and moisture retention, it helps produce soft, delicious gluten-free bread with excellent structure. The addition of psyllium husk provides the binding and elasticity normally supplied by gluten, while remaining gentle on sensitive digestive systems.

Perfect for:
Sandwich loaves
Bread rolls
Dinner rolls
Pizza bases
Homemade gluten-free bread recipes

Gluten Free Self Raising Flour

For light, fluffy gluten-free baking, our Gluten Free Self Raising Flour already contains raising agents, making it quick and convenient.

Ideal for:

Cakes
Muffins
Scones
Cupcakes
Pikelets
Quick breads

Looking for Something a Little Different?

We also stock a fantastic range of specialty flours, each with its own unique flavour and purpose.

Natural Almond Meal

Made from finely ground almonds, it's naturally gluten free and perfect for cakes, biscuits, slices, macarons and low-carb baking.

Organic Besan Flour

Also known as chickpea flour, besan is high in protein and fibre. It's commonly used in Indian cooking for fritters, flatbreads and savoury batters.

Organic Brown Rice Flour

A mild, versatile gluten-free flour that works well in baking and can also be used to thicken sauces.

Organic Buckwheat Flour

Despite its name, buckwheat isn't related to wheat and is naturally gluten free. It has a rich, earthy flavour that's delicious in pancakes, crepes and rustic baking.

Organic Coconut Flour

Made from dried coconut flesh, this high-fibre flour absorbs a lot of moisture, so a little goes a long way. Ideal for gluten-free and low-carb baking.

Organic Khorasan Flour

Made from the ancient Khorasan wheat grain (often known as Kamut®), this flour has a naturally sweet, buttery flavour and is wonderful for artisan breads and pasta. Like spelt, it contains gluten.

Potato Starch

A fine starch used to improve the texture of gluten-free baking. It also works beautifully as a thickener for soups, sauces and gravies.

Organic Quinoa Flour

Rich in protein and essential amino acids, quinoa flour adds a subtle nutty flavour and extra nutrition to breads, muffins and pancakes.

Organic Rye Flour

Rye produces dense, flavoursome breads with a distinctive earthy taste. It's ideal for traditional rye loaves and can be blended with bakers flour for a lighter texture.

Tapioca Flour

Also known as tapioca starch, this naturally gluten-free flour adds softness, chewiness and elasticity to gluten-free breads, cakes and desserts.

Which Flour Should You Choose?

Bread, sourdough and pizza: Organic Bakers Flour

Light baking with an ancient grain: Organic Spelt Flour

Everyday gluten-free baking: Gluten Free Plain Flour

Homemade gluten-free bread: NEW Gluten Free Bread Flour Mix

Gluten-free cakes and muffins: Gluten Free Self Raising Flour

Low-carb and grain-free baking: Natural Almond Meal or Organic Coconut Flour

Indian cooking and savoury recipes: Organic Besan Flour

Rustic baking and pancakes: Organic Buckwheat or Organic Rye Flour

Extra nutrition: Organic Quinoa Flour

Improving gluten-free texture: Potato Starch and Tapioca Flour

Whether you're an experienced baker or just starting out, choosing the right flour can transform your cooking. From traditional organic wheat flours to ancient grains, gluten-free blends and specialty alternatives, our range has something for every recipe, every dietary need and every home baker.

Explore our Organic Flour Range here:

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



Featured Recipe: Hearty Pumpkin & Seed Bread

High fibre, nutrient dense, artisanal seeded loaf.

Dry Ingredients

550g Seedy Sister Gluten Free Bread Mix
70g Organic Pepitas (pumpkin seeds), divided – 20g reserved for topping
45g Organic sunflower seeds
20g Organic Linseeds seeds
20g Organic White sesame seeds
2.5tbsp instant yeast

Wet Ingredients

250g pumpkin puree – roast or steam pumpkin, then mash thoroughly
250 – 300ml room temperature water – adjust as needed
2tbsp Spray Free Extra Virgin Olive Oil
2 tbsp Organic Maple Syrup

Instructions

- 1 Activate your yeast by adding to a bowl with 50ml room temperature water and 1tbsp of maple, let sit for 5-10 minutes until foamy.
- 2 Mix your dry ingredients together, then add in your pumpkin, olive oil and remaining maple. Add water slowly while mixing, adjusting as needed. Mix for 5-10 minutes until a dough ball forms, it should be smooth, elastic and slightly sticky – not wet.
- 3 Place dough ball in a lightly oiled bowl, cover with a damp kitchen towel and let rise in a warm spot for 60-90 minutes. As this is a gluten-free dough we are expecting a 30-50% increase in size, not double.
- 4 Once risen, gently deflate dough and shape into your prepared bread/loaf pan. Press remaining pumpkin seeds into bread. Cover with kitchen towel and let proof for 30-60 minutes or until slightly risen and puffy. Score loaf with a sharp blade if desired.
- 5 Bake for 40-50 minutes or until deep golden in colour and hollow sounding when tapped. Cool completely on a wire rack before slicing (this is essential to keep the texture intact).

What is in our gluten free flour mix?

A mix of brown rice flour, buckwheat flour, tapioca starch, sorghum flour, potato starch, psyllium husk and Himalayan sea salt.

Why these ingredients?

Our gluten free bread mix has been specially blended to maximise flavour, texture and moisture retention in your favourite bread recipes while being gentle on sensitive digestive systems.

How to store our Hearty Pumpkin & Seed Bread?

Store at room temperature or refrigerated for up to 3 days after baking, or slice and freeze in individual portions for up to 3 months. This recipe holds up incredibly well to being toasted so pop into the toaster to defrost!



A Final Word from Jane

A Year of Growth, Gratitude and Looking Ahead

On 12 August, it will be one year since I took over The Seedy Sister... and what an incredible journey it has been!

Looking back over the past twelve months, I'm so proud of everything we've achieved. We've made countless changes, learnt some valuable lessons, overcome more than a few challenges, and I still have pages of ideas and plans waiting to be brought to life (I have lists of lists!).

One of our biggest achievements this year has been adding Kawana Farmers Market back into our weekly schedule. It was a significant commitment, but one that has been incredibly rewarding. We've also explored new opportunities at markets including Fisherman's Road and Redcliffe Sunday Markets, while continuing to grow our presence across the Sunshine Coast.

Although we've reduced the physical size of our market stall, we've expanded the range we offer to more than 110 products at our markets—proof that working smarter really does make all the difference! With over 200 products available on our website, it's simply impossible to bring everything with us each weekend. Instead, we rotate our stock regularly to offer a great variety of products at each market.

If there's something specific you'd like us to bring along, the easiest option is to place an online order for market pick-up. We'll have your order packed and ready for you to collect when you arrive, so you won't miss out on your favourite products. To ensure we have enough time to prepare your order before we start packing the vans (which takes most of Friday!), please place all market pick-up orders by 5:00 pm on Thursday.

We have extended our cut off time for deliveries - for orders on the Sunshine Coast, orders placed before 4pm on Tuesday will be packed and delivered the same week. For Australia wide deliveries, orders placed before 4pm Tuesday will be processed and sent the same week (subject to courier availability). Orders placed after this time will be processed and sent the following week.

One of the biggest projects we've tackled this year has been upgrading our website and launching Australia-wide shipping. Technology has never been my strongest point, and integrating our existing systems with new platforms, while creating a postage system that accurately manages Australia's many shipping zones, was no small feat! Thankfully, with the incredible support of Lightbox Interactive Designs, we've built a website that's more user-friendly, more efficient and better equipped to support our growing business.

While the occasional gremlin still sneaks in, we're thrilled that we can now deliver our range of quality organic and spray-free products to customers right across Australia, making it easier than ever for everyone to access wholesome, everyday pantry staples—no matter where they live - while still focusing on ensuring that our products are as low waste as possible. We have worked hard to ensure that as much of our packaging and postage materials are either recycled, reused, or home compostable.

The greatest reward, however, has been getting to know so many wonderful people. Whether you've visited us at one of our markets, ordered online from the Sunshine Coast or elsewhere in Australia, or simply stopped by to have a chat, thank you. It has truly been a privilege to get to know our customers, and we are incredibly grateful for every single person who chooses to support our small business.

Finally, I couldn't have done any of this without the amazing team who have supported me throughout the year. To everyone who has been part of The Seedy Sister—whether for a few weeks or the entire journey—thank you. Each of you has played a role in helping our business grow. And to the wonderful team who continue to support me, encourage me and, most importantly, keep me sane on a regular basis... thank you. I appreciate you more than you know.

As we begin our second year, we're more excited than ever about what lies ahead. We have plenty of new products, exciting ideas and improvements in the pipeline, and we can't wait to share them with you over the coming months.

To stay up to date with our latest product arrivals, market news, recipes and special offers, be sure to follow The Seedy Sister on Facebook and Instagram. It's the best way to keep in touch and see what's happening between newsletters.

We would also love to see what you are making with our products, so feel free to share!

If you've enjoyed shopping with us, we'd also be incredibly grateful if you could leave us a Google Review. As a small, family-owned business, your reviews help others discover us and mean more than you know.

And finally, while our website now features over 200 products, we're always looking to expand our range. If there's an organic, spray-free or specialty product you'd love us to stock, please let us know. We can't promise we'll find everything, but we'll always do our very best to source it for you.

Thank you for being part of The Seedy Sister community. Your support, encouragement and feedback continue to inspire us every day, and we look forward to sharing another exciting year with you.

Jane & The Seedy Sister Team

PS. Don't forget that our Newsletters and Recipes are also available on our website.

www.theseedysister.com.au