



April 2019

Welcome to our April newsletter. The end of this month is the start of National Organic Week, so keep a look out for all things organic happening here in Hawke's Bay and read on for more information. Easter will soon be upon us and we wanted to remind you that being an ethical consumer is important too when buying chocolate!

Easter is just around the corner, but have you thought about where your chocolate comes from?

What factors influence your buying decision? If you are wanting to make an ethical and sustainable choice, why not buy Easter eggs made from organic and Fair Trade chocolate from New Zealand chocolate companies who are choosing to support the Fair Trade movement and use sustainable practices and eco-friendly packaging.

By supporting Fairtrade at Easter, you are empowering small-scale cocoa farmers in developing countries to improve their lives and livelihoods, invest in their communities and control their futures. *Wellington Chocolate Factory*, *Swiss Bliss Chocolates*, *La Petite Chocolat* as well as *She Universe* all use organic and Fair Trade chocolate and we sell their organic Easter eggs and chocolate.

Or why not make your own chocolate eggs this Easter. Moulds can be bought cheaply and it is a great school holiday activity!

Special Offers (while stocks last)

- *Comvita* Olive Leaf Extract 500ml, \$27.90,
- *Comvita* Cold Clear Tablets, 10's \$9.90 & 30's \$23.90
- *Bach Flower* Rescue Remedy drops, Rescue Sleep and pastilles all ON SPECIAL.
- *Harkers* Childrens range of cough and cold medicines all on SPECIAL
- Plus many more SPECIALS in store on Permanent SPECIAL PRICE.



New Products

- *Chantal* Organic Apple Crumble Grainola, seriously yummy!
- *Bread and Butter Bakery* Organic Bagels, arrives every Tuesday.
- *Hemp Farm* Promise Healing hemp skin balm and hemp serum.
- *Karen Murrell* new lip pencils and lip palette and new range of lipsticks
- *White Vinegar* in the bulk area for cleaning

Home crafted chocolate eggs



To make the ganache Ingredients:

- 100g Coconut milk*
- 100g Trade Aid 70% dark chocolate*
- 1Tbs Desiccated coconut (optional)
- 1tsp Vanilla extract

Place ingredients in a saucepan and gently heat until the chocolate starts to melt. Stir gently to combine, pour into a bowl and refrigerate for 1-2 hrs.

To make the spoons

- 3 x 100g Trade Aid chocolate*
- A little coconut oil

Melt chocolate gently over a double boiler until melted and smooth. Lightly grease the inside of the spoons with a little oil. Dip entire spoon in melted chocolate and tap on the side to remove excess. Wipe the bottom and sides of the spoon. Place on a plate and set in the fridge.

To fill: Form ganache into egg like shapes that fit inside the spoons. Dip the spoons again in the melted chocolate to cover completely. Tap off excess chocolate.

Place on a clean plate, refrigerate until set (approximately 30 mins to 1 hour). Remove from the fridge and bend the spoon back gently to remove the eggs. They should come off fairly easily.

Decorate the eggs with edible flowers and a sprinkling of coconut.

Enjoy a Happy Easter!

Recipe with thanks to Trade Aid

Organic Week Aotearoa: healthy soil, food and people

From Monday 29th April, Organic Week Aotearoa will be running a week-long programme filled with plenty of activities across New Zealand that encourage Kiwis to learn about and support organic food and produce. New Zealand's National organic week is the largest annual celebration of all things organic, from food and farming to wine, beauty products and textiles. There will be activities all around the country showcasing the best of what each area has to offer.

Here in Hawkes Bay markets and events are expected to pop up all around the region and at Cornucopia Organics, we will be hosting in store tastings and specials and some giveaways too every day of the week. A programme of events and specials will be available on our website and in store nearer the time. No matter where you are with your understanding of organic food and involvement with an organic lifestyle, there's bound to be something that interests you.

To find out more go to www.organicweek.co.nz



Snippets and Info

- Check out our ever expanding Bulk Refill Area
- We have qualified and experienced Naturopaths and Herbalists in store every day.
- Check out our Book Exchange and do drop any unwanted books in for others to enjoy!
- We have a customer feedback box at the counter. Your feedback is important to us.
- **29th April – 5th May is Organic Week Aotearoa 2019.** Watch out for specials, events and instores and go on the web site for more on www.organicweek.co.nz to see what is happening around the country.



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