



# Cornucopia Organics

## Christmas Newsletter

221 E Heretaunga St, Hastings,  
Hawke's Bay

Issue 3 December 2013

### Welcome to our Christmas edition

As it is such a busy time of year, this newsletter will be much shorter as I am sure you don't have time for much reading as the countdown for Christmas continues. Do note our opening hours, bread deliveries, and raw milk deliveries over the festive season and try to shop wisely, ethically and locally this Christmas!

We have many Christmas gift ideas, from delicious organic summer fruit and vegetables, nuts, dried fruit and other yummy organic treats, including raw cacao bars and chocolate-coated blackcurrants and goji berries! Not to forget organic wine and beer, organic skin care and cosmetics, organic baby clothing, gifts for the gardener and much more - why not call in or contact us for that last minute gift.

We wish all our customers a peaceful and happy Christmas and a safe and relaxing holiday. We have really appreciated your custom over the past year and wish you good health and happiness for 2014.

### Christmas and New Year trading hours

2013-2014

Monday December 23 <sup>rd</sup>	8.30am - 5.30pm
Tuesday December 24 <sup>th</sup>	8.30am - 5.30pm
Wednesday December 25 <sup>th</sup>	CLOSED
Thursday December 26 <sup>th</sup>	CLOSED
Friday December 27 <sup>th</sup>	8.30am - 5.30pm
Saturday December 28 <sup>th</sup>	9am - 2pm
Sunday December 29 <sup>th</sup>	CLOSED
Monday December 30 <sup>th</sup>	8.30am - 5.30pm
Tuesday December 31 <sup>st</sup>	8.30am - 5.30pm
Wednesday January 1 <sup>st</sup>	CLOSED
Thursday January 2 <sup>nd</sup>	CLOSED

From Friday January 3<sup>rd</sup> trading is back to normal.  
Monday to Friday 8.30am - 5.30pm, Saturday 9am - 2pm,  
Sunday - closed.



### Coming up

**Susan Kitson in store sampling fresh juices and signing her book 'In Search of Health' which will be on special for the day.**

Thurs 19<sup>th</sup> Dec 11am - 1pm

**Anita from The Kefir Company sampling coconut kefir and talking about its amazing health benefits - accompanied by Jo from Be Nourished sampling her range of delicious organic sauerkrauts.**

Fri 14<sup>th</sup> Feb all day

### Crazy about coconuts!

CoYo Coconut Milk Yoghurt is a creamy, delicious alternative to dairy yoghurt, made from the creamy milk of the coconut with plant fed probiotic cultures.

It is available in natural, mango, passionfruit and mixed berry flavours in 400g containers.

**But.....**unfortunately the latest shipment of CoYo was left outside a coolstore in Auckland this week instead of inside! What a disaster for all of us CoYo lovers, as there is no more CoYo until the next shipment on 8<sup>th</sup> January 2014.

Another new coconut (dairy free) product is Nice Blocks, New Zealand's original and only artisan, Fairtrade certified ice block company, and guess what? They also do coconut icecream...in store soon!

## Christmas cheer needing a boost?

It is easy to get carried away at Christmas time – so many delicious things to eat and drink! It is handy to have something to indulge in that looks great, but won't leave you feeling washed out the next day. With the traditional red of Christmas reflected in its vibrant colour, this drink is sure to become a favourite. It is also designed to keep our immune system boosted, which has to be a plus during the Christmas madness; all while gifting our taste buds a treat.

### Red delicious juice

- 1 large beetroot (root and leaves, or the root and some other leafy greens)
  - 1 apple
  - 3-4 large carrots
  - 1 inch root ginger
  - 1 peeled lemon
1. Choose organic produce where possible.
  2. Rinse and cut up the fruit and vegetables, then juice them. Don't cut up the green leaves; push the whole leaf, stem first, into the juicer.



This juice is simple and really delicious; it also looks incredibly festive when served in a beautiful glass. Beetroot has some amazing qualities and eating it raw is a fantastic way to reap its benefits. My children love this juice as much as I love making it for them. It is very rewarding for a child to ask for something so intrinsically healthy and enjoy every drop. (Serves 2).

Recipe from In Search of Health by local author Susan Kitson.

## Natural sun protection

Here in Hawke's Bay we have a wonderful climate with long sunny summer days. So, it is important to be sun smart. Sunscreens are an important part of sun safety these days, but not all are safe for you and your family as some UV-absorbing chemicals used in sunscreens can be a health risk. So, do your homework and look at the ingredients in your sunscreens because your skin is your largest organ and what you put on your skin is absorbed into your bloodstream.

We sell several ranges of organic and natural sunscreens without nano particles, including Soleo, Badger, Wotnot, Green People, and from New Zealand Pure South and Oasis. But have you thought of making your own? Homemade sunscreen is a great way for you to control whatever goes into the mix, and eventually on the skin of your family and yourself.

What many of us don't know is that common oils offer a natural source of SPF protection without the harmful toxins. These include red raspberry seed oil (SPF28-50), carrot seed oil (SPF38-40), wheat germ oil (SPF20), soybean oil (SPF10), macadamia oil (SPF6), and jojoba oil (SPF4). Other oils, such as coconut oil, olive oil, sesame oil, hempseed oil, and shea butter offer low SPF protection but are still valuable additions in your homemade sunscreen, as they are moisturizing and fragrant.

For more information on natural sunscreen visit [www.ewg.org/sunscreen](http://www.ewg.org/sunscreen)

## Cornucopia Christmas bread deliveries

### Breadman

18<sup>th</sup> Dec, 8<sup>th</sup> Jan

### Bread & Butter

24<sup>th</sup> Dec, 31<sup>st</sup> Dec, 7<sup>th</sup> Jan

### Dovedale

19<sup>th</sup> Dec, 24<sup>th</sup> Dec, 3<sup>rd</sup> Dec

### Flaveur Breads

24<sup>th</sup> Dec, 31<sup>st</sup> Dec, 7<sup>th</sup> Jan

### Purebread

24<sup>th</sup> Dec, 31<sup>st</sup> Dec, 7<sup>th</sup> Jan

### ThoroughBread

17<sup>th</sup> Dec, 7<sup>th</sup> Jan

### Essene Bread

18<sup>th</sup> Dec, 22<sup>nd</sup> Jan

### Venerdi

24<sup>th</sup> Dec, 31<sup>st</sup> Dec, 7<sup>th</sup> Jan

## Raw milk deliveries

Lindsay Farm will be delivering their raw milk to Cornucopia on Mondays as usual and Fridays instead of Thursdays over the Christmas and New Year period. If you have any queries please contact Paul and Christine Ashton at [rawmilk@clear.net.nz](mailto:rawmilk@clear.net.nz)

## Natural sunscreen recipe

- 1 ounce oil with SPF listed above (or any combination of them)
- 1 ounce coconut oil, cocoa butter, or shea butter
- 1 ounce beeswax (offers waterproof protection)
- 5-10 drops of your favourite essential oils

Combine all ingredients in a glass jar. Fill a saucepan a couple of inches high with water and turn the heat to medium. Put a cap on the glass jar without sealing it closed, and place the jar in the pan filled with water. As the ingredients in the jar get warm and soften, mix until completely melted and smooth. Remove from heat and let cool to room temperature. Apply as a sunscreen throughout the summer. Link to recipe courtesy of [www.wendylsgreengoddess.co.nz](http://www.wendylsgreengoddess.co.nz)