



June Newsletter 2020

Welcome to our June newsletter. We hope you and your families have stayed well through the lockdown. Cornucopia, as an essential service has been operating throughout the Covid 19 lockdown, following the correct protocols and supporting our customers with healthy food and supplements and doing deliveries. We are grateful to our awesome staff and our customers for supporting us through this time. It has been a strange and stressful period for many of us, and as we come out of the lockdown there may be new stressors and worries. Our March issue focused on supporting our immune system and looking after our physical health but this issue is looking more at our emotional health and self-care.

Mental Health and Wellness

There are many people within our community who have underlying anxiety, depression or unresolved grief/trauma. In normal times these symptoms can remain manageable, however with the restrictions of this COVID-19 outbreak and so much global fear these pre-existing symptoms may become activated.

At Cornucopia our team is dedicated to assisting you with any health issues you may have during this unusual time. Please do talk to us if you have any concerns, we have a wide range of options that can help and our Naturopaths and Herbalists are available to support you.

This is a time to practice extra self-care, to be kind to ourselves and to look out for each other. Here are some suggestions that you could think about doing that may help relieve emotional health issues. Think about all of the different aspects of you that require self-care and attention e.g. physical, mental, emotional, social and spiritual. You might like to try some of the following: Breath awareness, yoga, mindfulness practice, guided meditations, gratitude practice, limit exposure to COVID 19 news or updates, why not try media-free time? Ensure you take regular breaks, use them wisely and practice self-care e.g. quick form of exercise, fresh air, connect with nature, mini meditation, etc. Uplift someone - a natural high.

Eat a healthy nutritious diet, and take herbal medicines such as Rhodiola, Withania/Ashwaganda, St. John's wort and others which we can make up for you from our herbal dispensary, or supplements that may assist, such as B vitamins, Vitamin D, L Theanine, Omega 3 fatty acids and Magnesium (Please note some herbs are not recommended with certain medications, please talk to us first). Reach out to others and seek help from a qualified professional if you need to.

Special Offers (while stocks last)

- "Thompsons" Omega 3 fish oil 1000mgs. 400 caps for \$27.90
- "Thompsons" Vitamin C tablets all on special.
- "Nutrilife" Ester C tablets all on special.
- "Nutrilife" Kyolic garlic capsules all on special
- "Harkers" Childrens Elixirs 100ml for \$22.90
- "Harkers" Herbal Formulas 100ml \$27.90 & 200ml \$46.90
- "OKU" Native herbal formulas & teas all 15% off.
- "Lifestream " Advanced Probiotics 30's \$22.90, 60's \$39.90 & 90's \$66.90.

More specials available in store too.



New Products

- "Viola" Hand Sanitisers at \$9.90 100ml
- "Pure Blend" Hand Sanitiser \$10.90 per 100ml & in bulk for \$8.90 per 100ml.
- "Artemis" BronchiClear, \$29.90 for 100mls & \$39.90 for 200mls
- "La Petite Chocolat" 80% organic chocolate drops and cocoa powder in bulk.



Back to Basics

During Lockdown, some the foods that we were constantly short on were tinned and frozen foods, seeds and seedlings, flour and yeast as some people were wanting to make their own bread and return to a simpler way of living. As baker's yeast has been hard to come by, making sourdough bread has been a popular activity. There are many recipes on line for sourdough bread and starters but we thought we would share our well-loved and easy sour dough starter recipe.

Easy Sourdough Starter

Sourdough is a very old form of bread leavening. It relies on a mix of wild yeast and lactic acid bacteria that are naturally present in flour to leaven the dough, rather than baker's yeast, and this is called a starter. Lactic acid bacteria can be found in several other fermented foods, including yogurt, kefir, pickles, sauerkraut and kimchi. During the bread-making process, the starter ferments the sugars in the dough, helping the bread rise and acquire its characteristic taste. It is very low maintenance and once it is active, you only need to feed it once a week to keep it healthy and happy. You know it's happy when it bubbles! Sourdough bread contains higher levels of folate and antioxidants than other breads and its lower phytate levels allow your body to absorb the nutrients it contains more easily. Sourdough bread contains lower amounts of gluten and its prebiotic and probiotic properties help improve digestion and support the healthy bacteria in your gut.

Making your sourdough starter will take approximately 3–6 days. Do not rush this process, as the quality of your starter is what will give your dough a good flavour and help it rise.

Also, you will only use part of the starter to make the bread. You can save the rest to use as long as you refrigerate it and "feed it" at least once a week.

When you are ready to make another loaf, simply take your starter out of the fridge 1–3 days ahead of time and feed it once a day until it strengthens again.



How to make a sourdough starter

Day 1: Starting in the morning or at night, using a wide-mouth glass jar, mix 1 cup organic **wholemeal wheat , rye or gluten free flour** with ½ cup good quality **water** (not chlorinated or fluoridated) at room temp and mix all together with a wooden or plastic spoon. *It should be like a thick paste.* Place a lid on top or a wet towel so it can breathe and leave at room temperature for 24-36 hours. The cooler the room the longer it will take.

Day 2: After the first 24 hours, you might see a bit of bubbling and by 24 -36 hours you will! Discard half of the starter (or put this half in a clean jar to make another starter!) keeping roughly ½ cup of starter in the jar. Add to the remainder 1 cup of flour and ½ cup water, mixing well. Cover again so it can breathe and leave at room temperature for 24 hours.

Day 3. Now feed morning and evening. Before each feeding, discard half of the starter and add 1 cup flour and ½ cup water to the ½ cup starter and let this rest at room temperature for 12-14 hours before repeating in 12 hours (You want to feed the starter after it has peaked and has started sinking down- this is when it is hungry! This might be 12 hours, it might be 14-depending on the temp in your house.)

Day 4: Feed twice a day, roughly 12 hours apart, discarding all but ½ cup of starter each time, adding 1 cup of flour and ½ cup of water. Hopefully, you'll begin to see some rising and falling and bubbles!

Day 5: Feed again, 2 times, roughly 12 hours apart, discarding all but ½ cup the starter each time, then adding 1 cup flour and ½ cup water. The starter should look visibly active by now, bubbling, rising, and hopefully close to doubling its size.

DAY 6: Give it one last feeding. Discard all but ½ cup, then add 1 cup flour and ½ cup water, and place it in a clean jar so you can see the action clearly. The starter should hopefully **double in volume within 4-6 hours of feeding**. Let the starter rest at room temperature for 8 hours; it should be active, with bubbles throughout or breaking the surface.

Happy baking!

- We are certified Organic as a Store with Bio Gro New Zealand.
- We have qualified and experienced Naturopaths and Herbalists in store every day to offer advice and support for you and your family.
- The cellulose and paper bags we use for packaging are all completely home compostable. Do bring them back and we will compost them for you.
- We also compost the Bostock Chicken and Ceres compostable packing too if you cannot compost them.
- The latex gloves that have been offered to customers are being composted as latex is a natural material and will biodegrade.

Local Businesses need our support, so shop local & support our community

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