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November newsletter

Welcome to our November issue, this year is rolling along so fast, Spring is here with warmer weather, Spring greens are in the garden and as our thoughts start to turn to summer and the end of the year there is some sunscreen advice too.

Spring Greens.

At Cornucopia our display chiller is bursting with Spring greens, from silver beet, spinach and lettuce to kale and cavolo nero, fresh green herbs, rocket, micro greens asparagus, broad beans and more. We have seedlings to plant in your garden too!

Why is it so important to include leafy greens in your diet? Spring cleaning is important for the body as well as the home. Spring greens help cleanse your gut from by-products of digestion following a winter diet of heavier foods. Because greens are low in calories yet high in fiber, they are the perfect tool to assist with this natural detoxification process.

They are an excellent source of vitamins Leafy greens are excellent sources of vitamins A, C, E, and K, are considered one of the best sources of folate, a vitamin essential for healthy fetal brain development.

They are also a great source of minerals As well as a high vitamin content, their mineral content is even more impressive. Leafy greens are considered the best source of calcium and potassium, and are also great sources of magnesium and manganese.

Green leafy vegetables have loads of dietary fibre. The abundance of dietary fibre in green leafy vegetables is essential for maintaining the health of the digestive tract (specifically the intestines) and helps in lowering serum cholesterol.

Leafy greens contain betaine which has the ability to regulate homocysteine levels in the body, promotes the health of endothelial cells and reduces the risk of heart disease.

High in phytonutrients and antioxidants they help protect us from disease and premature ageing and the decreased cancer risk associated with veggie intake, including leafy greens, is thought to be due to their fibre and folate as well as the antioxidant content.

Optimize your body's ability to detox and enhance your vitality by incorporating leafy greens—both raw and lightly cooked—and enjoy the benefits of seasonal eating!



New Products

- *Seleno Health Maca nibs 300gms \$31.90.*
- *Munch stainless steel lunchboxes and containers.*
- *Munch Eco Hero kids bamboo plates and bowls.*
- *Voelkel Lacto fermented Beetroot and Vegetable Juice \$9.50.*
- *Ceres LSA with probiotic 200gms \$8.50.*



Special Offers

- *Weleda Xmas gift packs \$35.90*
- *Oasis sun screen all on special.*



More specials in store!

The Sunscreen debate

At Cornucopia it is really important that the natural sunscreen products we sell meet robust SPF rating requirements giving protection against UVB radiation from the sun, and that they are broad-spectrum to provide protection against UVA rays. Increasingly, this may mean that some sunscreens contain nanoparticles. There is a lot of debate about nano particles and what they do, The fear is that they are so small they seep in through our skin cells into our blood stream. According to the EWG, (Environmental Working Group) www.ewg.org/sunscreen/, nanoparticles in zinc oxide and titanium dioxide remain on the surface and in the outer layer of the skin and do not penetrate skin cells in sunscreens, so properly coated nanoparticles of titanium dioxide will not penetrate healthy or sunburnt skin.

Also when nano-particles are incorporated into a cream or lotion they are held together by forces of molecular attraction preventing the primary particles from becoming separated when applied to the skin so the aggregations that are formed in creams and lotions are too large to cross through the skin-blood barrier and they remain on the surface of the skin where they reflect and scatter UV light. A nano particle is defined as particles between 1 and 100 nanometres in size. *My Sunshine* sunscreen use micron size particles which are greater than 100nm. Also the zinc is ECO CERT certified. *Coola* sunscreen and *Badger* use no nano particles

We only stock natural mineral based sunscreens, but are concerned at the effects that all sunscreens may have on the environment including aquatic life and coral reefs. So It is important that environmental assessments form part of the regulation of all sunscreens. Please talk to our staff about the different sunscreens we stock and do your own research too. We are constantly re-evaluating and looking at the best natural ones to stock.

Sunscreens we currently sell.

- 'Coola' Sunscreen. Baby, children's and adults. SPF 50 & SPF 30s
- "Eco Sonya" Sunscreen. SPF 30, 150mls
- "Eco Tan" Coconut Sunscreens SPF 30, 150ml.
- "Goodbye Ouch" NZ made Sun balm SPF 50 in 35g and 80gms
- "Millstream Gardens" Sunscreen NZ made, SPF 30 and 50 gm tin.
- "My Sunshine" NZ made, SPF 30, 200gms.
- "Oasis Sunscreen" NZ made SPF 30 and 50 in 250g and 500gms.
- "Wotnot" SPF 30 100gms, children's and adults



Did you know?

- A naturopath and Herbalist is in store all day every day to support you and your family's health.
- Our till receipts and eftpos rolls are BPA free
- The cellulose and paper bags we use for packaging are all completely home compostable. Do bring them back if you are unable to compost them and we will compost them for you.
- We are a drop off point for Eco store's recycling programme. So bring in any of their unwanted containers and we will send them back to Eco Store. There is a box in the refill area.
- We will also compost the Bostock Chicken, Organic Butchery and any other compostable packaging if you cannot compost them yourself.
- We are certified Organic as a Store with Bio Gro New Zealand.

You can follow us on Facebook and Instagram by searching for us @cornucopiaorganics

Spring Greens Ricotta Quiche

Crust:

- $\frac{3}{4}$ cup any type of flour
- $\frac{1}{2}$ cup rolled oats or quinoa flakes.
- $\frac{1}{2}$ cup pumpkin, sunflower or sesame seeds
- $\frac{1}{2}$ tsp salt
- 75 ml extra virgin olive oil
- 1 small egg
- Lemon juice, if needed

Filling:

- 1 tbsp olive oil
- 1 leek or 4 small, roughly chopped
- 1 – 3 large handfuls of silver beet, spinach, nettle leaves etc
- 4 eggs
- 250 g ricotta or feta
- Zest of 1 lemon
- Handful of spring herbs – parsley, chives, coriander, roughly chopped
- Generous pinch of salt and twist of black pepper
- A handful grated cheddar cheese and /or pumpkin seeds for topping

Instructions

1. Place the flour, flakes, seeds and salt into a food processor and blend until roughly ground. In a small jug whisk together the olive oil and egg. Add to the food processor and pulse briefly. Press the mixture between your fingers
2. Tip the dough into the greased quiche dish and press evenly into the base and sides. Pre-bake the crust for 10 minutes.
3. Heat the olive oil in a heavy-based frying pan over a moderate heat. Add the leek and saute until softened. Wash the greens, roughly chop, cook until wilted then remove from the heat. Place the eggs, ricotta, lemon zest, herbs, and seasoning into the food processor. Add the cooked greens and blend until smooth. Pour the green custard into the pre-baked quiche base. Sprinkle with cheese and pumpkin seeds.
4. Bake for 35- to 40 minutes until the custard is just set. Cool for 10 minutes

Thanks to

www.homegrownkitchen.co.nz