



# CORNUCOPIA ORGANICS

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Welcome to our September newsletter. This month with Spring in the air we are celebrating all things organic with a focus on Organic Week. Worldwide, organics is on the rise and this is no different in New Zealand, as we are all becoming more conscious of what we put into and onto our bodies.



### Organic Week Aotearoa 5<sup>th</sup> - 13<sup>th</sup> September 2020

For one week every year, the Organic Sector joins together for a week-long campaign that will celebrate, educate and help kiwis really understand what organic is and what is available across the nation. Organic Week Aotearoa NZ has been set up by a collaboration of leading organic organisations. Check out the web page, [www.organicweek.co.nz](http://www.organicweek.co.nz) and our FB page for details of daily organic instore specials and tastings.

### What is Organic agriculture?

Organic agriculture is more than just spray or residue free. It is a holistic style of farming where the health of the soil and environment is prioritised, focusing on the long-term health of the land, waterways, soil and livestock rather than the short term gain.

Organic production produces products that are made without genetic modification (GMO's) or synthetic pesticides or herbicides. Animal welfare and supporting and sustaining rural communities is paramount. It is the only sustainable option for benefiting ourselves, our environment and future generations.

### What is the difference between organic and certified organic?

Certified organic products have been checked, audited and certified by a trusted certification agency like BioGro. Assure Quality, Organic farm NZ in New Zealand, you cannot fully trust an organic product as authentic unless it has a certification logo on the packaging.

Greenwashing is the marketing or promotion of a product as more sustainable and organic than what it may be. Avoiding greenwashing is as simple as looking for certification logos on packaging.

### Organic food – what is it and why is it better?

Organics is more than just 'spray-free' or 'residue-free'. Organic food is grown naturally without the routine use of synthetic pesticides or fertilisers. Organic farmers aim to produce sustainable, healthy and nutritious food from a balanced living soil and any processing is designed to retain its 'natural goodness.'

### Why does organic food sometimes cost more than non-organic food?

When you choose organic food you are paying for the real cost of real food. Although non-organic produce is commonly less at the end of the supply chain, you will actually be paying more elsewhere. e.g. cost for health implications experienced and clean up costs for environmental impacts etc. As more funding becomes available to the organics industry for research and development and more people buy organic, the costs will reduce and be passed on to the consumer.

### Special Offers (while stocks last)

- "Everkind" deodorants all permanently reduced.
- "Wright Sprouts" vegan wraps "Ceres Organics"
- Jackfruit now \$7.95 pkt and \$3.90 a tin.
- "Ceres Organics" selected products 10–15% off
- "Wrights Wines" selected wines at 20% discount.
- "Stonecroft Wines" Undressed Syrah 10% off

### More specials available in store too.



### New Products

- "Munch" & "Lily Bee" organic cotton face masks \$20.00-\$28.00
- "Kiwiherb" Hand Sanitiser \$15.90 & Ginkgo Alert tonic \$39.60 for 200mls.
- "Kanapu" Bulk Hemp seed oil \$17.25 for 250mls and bulk hemp flakes. \$28.90kg.
- "Amino Mantra" organic plant based patties \$13.50

## Should we be concerned about pesticide residues?

Every mouthful of non-organic food we eat is also a cocktail of pesticides. Many of these have not been adequately tested to see what effects they may produce, particularly long-term ones. The little testing that is carried out does not reflect actual human exposure to a multitude of chemicals, nor does it usually test the most vulnerable – the foetus and young child.

We do not know enough about the effects of these chemicals in our food. However, there are various serious long-term effects associated with particular pesticides including endocrine or hormonal disruption, cancer, immune system suppression, nervous system damage, genetic damage and birth defects. We also know that various pesticides used to grow food have damaging effects on wildlife and the ecosystem.

### The Dirty Dozen

Food in New Zealand more likely to contain pesticide residues ranked according to number of pesticides detected in total samples and percentage with pesticides ( Safe Food Campaign)

[www.safefood.org.nz](http://www.safefood.org.nz)

Food	% with residues	No. of pesticides	Sample size
1. Grapes	98.2	35	56
2. Celery	100	19	51
3. Bok/pak choi	95.7	21	47
4. Nectarines	100.0	15	36
5. Oranges	98.2	16	56
6. Strawberries	100	14	8
7. Spring onion	97.9	15	48
8. Lemons	92	20	50
9. Wheat: bread/all products	87.3	23	150
10. Cucumber	82.1	27	56
11. Pears	100	9	8
12. Broccoli	92.9	10	57

## Reduce your pesticide load: EAT ORGANIC!

If you buy organic food then you will be significantly reducing the pesticide load on your body. This is particularly so for infants and children, as they take in more food in proportion to their body weight than adults do, and they also tend to eat more of the types of food that are more heavily sprayed, such as fruit. Studies have since reasserted the finding that dietary intake of pesticides represents the major source of organophosphate exposure in children.



Look for these logos below when choosing NZ grown certified organic products.



## Jackfruit Curry

Jackfruit is a sustainable crop, with a single tree yielding 2 to 3 tonnes of fruit each year with minimal maintenance, irrigation, pest control etc. The Jackfruit “Ceres” use is 'young Jackfruit' which is harvested before any sweetness is developed. It has a texture similar to meat.

- Heat 1tbsp coconut oil in a large wide pan and fry one onion for 10 minutes until golden.
- Add 2 garlic cloves, 1tsp fresh ginger and cumin seeds, and fry for a further 5 minutes. Add 6 tsp curry paste, 1 stalk lemongrass and 1 chopped red chilli, and cook for a couple of minutes until incorporated.
- Pour in 1 tin coconut milk and 150ml of water, and simmer for 5 minutes. Then add 400gms potatoes, 3 kaffir lime leaves, the juice of 1 lime, and one cinnamon stick, and simmer for 20 minutes. Add 1 tbsp tomato purée, mix through, and turn down the heat. Add 400gm tin or pkt of jackfruit and simmer for 10 minutes. Once the jackfruit has softened, break it up into pieces with the side of a spoon and add the chopped cashews .
- Finish with extra cashews scattered on top, coriander leaves and an extra squeeze lime, if you like. Serve with jasmine rice.



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