



March 2019

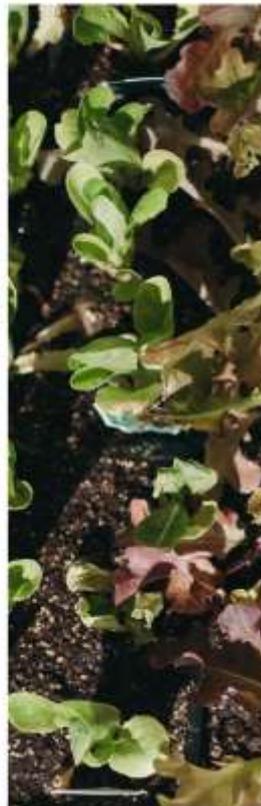
Welcome to Autumn! Yes it has definitely arrived, with cooler mornings and shorter days, but still some lovely warm weather. Check out the gardening advice from Jo Duff of Kahikatea Farms who grows our lovely perennial plants and herbs and learn more about our packaging too.

Autumn Plants at Kahikatea Farm

Autumn is a lovely time in the garden, more relaxed than spring, but it is important to get your winter crops in as soon as possible before the daylight hours shorten and the temperatures drop.

Cover any brassicas with insect mesh as there are still plenty of cabbage white butterflies about, and will be until the first frost. We are not putting brassicas on the shop stands to avoid any damage, and we also have walking stick kale! so contact us directly to order and we can drop them off for you.

We have added more medicinal herbs and drought hardy bee plants to our range this year. We have two new salvias, meadow and woodland sages, and also Turkish sage, which is not a salvia, but it is also great at attracting bees and butterflies and is equally drought hardy. We have two new mugworts, japanese (yomogi) and western mugwort. These are lovely silver-leaved herbs from the artemisia family, well known for their medicinal and culinary uses. Both spread on rhizomes so will cover ground quite fast - plant them in a pot or next to a mow strip to keep them contained. For low ground cover in a more shady spot, why not try wintergreen, a low growing evergreen shrub related to the NZ native Snowberry. Wintergreen was used medicinally by Native American Indians to ease headache, fever, sore throats and other aches and pains. The berries taste of root beer, and can be eaten raw or made into pies, jams etc. Our plants are fruiting now, so check them out on the stands and on our website, www.kahikateafarm.co.nz



Special Offers (while stocks last)

- “Ceres” chopped and whole tinned tomatoes only \$1.50 .
- “Little Bird” macarons \$8.80.
- “ Weleda” Rash Relief cream \$14.90 and Calendula Shampoo & Body wash \$15.90
- “Lifestream” Probiotics at permanent special price!
- “Good health” supplements, many on permanent special price!

Plus other products on special in store too.



New Products.

- “Eco Store” Ultra-sensitive range on its own stand!
- “Seleno Health” Maca Powder for Men and Maca Powder for Women 300gms \$39.90.
- “Good Pantry” Hemp Powder with Maca 300gms \$29.90 and Hemp Protein 400gms \$35.90
- “Hemp Farm” Hemp Hearts 500gms \$36.90
- STOP PRESS in a bulk bin we now have hulled hemp seed in bulk at \$27.90 kg .
- “Munch” stainless steel pegs, 20 in a bag \$23.90.
- “Kiwi Quinoa” wholegrain quinoa grown here in Taihape, Aotearoa!
- “Down to Earth” organic poppadoms \$3.90.

Tumeric Latte



- **fresh turmeric** 3cm piece, peeled (or 3/4 teaspoon turmeric powder)
- **fresh ginger** 2cm piece, peeled (or 1/4 - 1/2 teaspoon ground ginger)
- **black pepper** pinch of
- **honey** 1 heaped teaspoon
- **almond, cashew nut or hazelnut butter** 1 heaped tablespoon
- **water** 1 1/2 cups (or milk, for a creamier drink)
- **ground cinnamon** 1/2 - 3/4 teaspoon
- **vanilla essence or extract** 1 teaspoon
- **salt** good pinch of
- Place all ingredients in a blender and blend until smooth and frothy. Then heat.



We are trying our best to source ethical and sustainable packaging for our produce and dry goods. Our fresh produce is displayed loose, wrapped in brown paper or in cellulose packaging and cornstarch bags. All of these are compostable and can be shredded and placed in your compost or returned to us so we can compost them. This is still a work in progress, and we are only using bio- plastic bags (a mixture of recycled plastic and natural plant fibres) for the juicing carrots as they need to be strong, but we are definitely looking for an alternative as they can take up to 3 years to break down. Our dry goods (nuts, seeds, beans etc) are packed in Natureflex cellulose bags which are certified biodegradable and compostable.

It is certainly a balance between being able to display products well for the consumer and also to be caring for our environment. Our producers and wholesalers too are working to find the right packaging, and we are all striving to do our best. Check out the Eco store toothpaste and toothbrush recycling boxes that are now in the shop!

We thank you for your support too in bringing your own bags, but we can give you a paper bag or a box or a reusable boomerang bag or you can buy an organic cotton or jute shopping bag from us too! Happy waste free shopping!

Snippets and Info

- We have the tills connected to the Eftpos machines, making transactions quicker.
- We use BPA free till and Eftpos rolls.
- We have qualified and experienced Naturopaths and Herbalists in store every day.
- We are a wi-fi free shop, our computers and Eftpos machines are wired and not wireless.
- Check out our Book Exchange and do drop any unwanted books in for others to enjoy!
- We do not use chlorinated or fluorinated water in the shop.
- 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.



You can also  us on Facebook by searching for us @cornucopiaorganics