



Cornucopia Organics

Christmas newsletter

221 Heretaunga St East, Hastings, Hawkes Bay.

Issue 7, December 2014

Welcome to our Christmas edition.

Hello to you all. Thankyou for reading our newsletters and for giving us your feedback, we really appreciate it. This newsletter is full of things you may need to know for deliveries over the Christmas and holiday period, so do read it carefully. We also have many gift ideas, from delicious organic foods and drinks and organic beer and wine to gardening products, skin care, cosmetics and baby clothing and a great range of books all with 20% off for Christmas. I am sure you will be shopping wisely, ethically and sustainably this Christmas and remember to buy local to support your local economy and New Zealand made and Fair Trade too where you can!

Christmas and New Year trading hours

2014 - 2015

Monday December 22 nd	8.30am - 5.30pm
Tuesday December 23 rd	8.30am - 5.30pm
Wednesday December 24 th	8.30am - 5.30pm
Thursday December 25 th	CLOSED
Friday December 26 th	CLOSED
Saturday December 27 th	9am - 2pm
Sunday December 28 th	CLOSED
Monday December 29 th	8.30am - 5.30pm
Tuesday December 30 th	8.30am - 5.30pm
Wednesday January 31 st	8.30am - 5.30pm
Thursday January 1 st	CLOSED
Friday January 2 nd	CLOSED
From Saturday January 3 rd normal trading hours apply.	

Monday to Friday 8.30am - 5.30pm,
Saturday 9am - 2pm, Sundays we are closed.

Coming up

Anita from The Kefir Company sampling coconut kefir and talking about its amazing health benefits – and introducing 2 new flavours: lime and watermelon.

Thursday 29th January 2015
9.30am – 3.30pm.

Please note... Kahikatea Farm seedlings and plants will not be available from Cornucopia from 24th December – 4th January. However check out their website for buying plants and seedlings online. www.kahikateafarm.co.nz

Oscar Juicer Special!

Buy an Oscar Juicer from Cornucopia during December 2014 and receive FREE

“The Complete Book of Juicing”
by Michael Murray
valued at \$39.95.



We are very proud of our BioGro certified logo !



No. 5487

This means that our customers can be sure that we are following the best organic practices in our shop and complying with BioGro's organic regulations and principles.

Christmas and New Year bread deliveries.



Breadman

next delivery 7th January

Bread & Butter

23rd Dec, 30th Dec, 6th Jan

Dovedale

24th Dec, 31st Dec, 8th Jan.

Essene Bread

next delivery 21st January.

Flavour Breads

23rd Dec, 30th Dec, 6th Jan

Paleo Bread

23rd Dec, Wed 7th Jan, 13th Jan.

Purebread

23rd Dec, 30th Dec, 6th Jan

ThoroughBread

next delivery 6th January 2015

Venerdi

23rd Dec, 30th Dec, 6th Jan

Ya'bon

22nd & 24th Dec, 29th & 31st Dec..

Deliveries as usual from then on.

Raw Christmas Cake

This is a simple and delicious raw alternative to the traditional cooked Christmas cakes and definitely worth a try for a change.

1 cup almonds, 1/2 cup cashews

1 cup shredded coconut

3/4 cup pitted dates,

Juice of 1/2 lemon, juice of 1/2 orange

1 tbsp orange and 1 tbsp lemon zest

2 tsp almond extract

2 tsp grated fresh ginger or drained ginger.

1 tbsp maple syrup

Activate the almonds and cashews beforehand if you have time by soaking and dehydrating them. Or start here and grind the almonds, coconut and cashews in a food processor. Set aside. Blend all the remaining ingredients in the food processor until blended. Add the dry mixture back in and process to combine into a dough. Fold in the prepared nut and fruit mixture (see below) and mix all together. Press into a spring form cake tin and chill at least 1 hr.

Fruit and Nuts.

3/4 cup dried fruit of your choice. (I use goji berries, raisins, currants)

1/4 - 1/2 cup fresh fruit juice

2/3 cup chopped walnuts or pecans or both.

Toss all together and marinate for 1 hr or more and add to the mix.

The cake can be topped with a dusting of icing sugar, some pecans & cherries or goji berries or a cashew icing or icing of your choice.

We urge you to stay sunsmart this summer.

Hawkes Bay is known for its long hot summers, so do make sure you are using safe sunscreen and staying sunsmart this summer. Go to the 2013 Christmas newsletter for an easy recipe for making your own sunscreen and information on safe sunscreens. Here are a few tips:

- Apply sunscreen 20-30 minutes before going out in the sun and every 2 hours especially if you have been swimming.
- Stay covered up when you can, especially applies to children.
- Stay well hydrated & stay out of the hot sun between 11 -3pm

We wish all our customers a peaceful and relaxing Christmas and a safe and enjoyable holiday. We really appreciate your custom and thank you so much for shopping with us. We wish you and your families good health and happiness for 2015 and beyond.

Kaye and Alan and the team at Cornucopia.

www.cornucopiaorganics.co.nz e. cornucopiaorganic@gmail.com

Raw milk deliveries

Lindsay Farm will be delivering their raw milk to Cornucopia on **Mondays as usual and Wednesday 24th December (same time) and Wednesday 31st January (same time)** 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