



CORNUCOPIA ORGANICS

Welcome to our Christmas edition.

Another year has flown by and we are yet again racing towards Christmas and the end of 2016. However you may be approaching Christmas, whether it be with excitement or exhaustion, there is no getting away from the fact that it does seem to involve shopping!

So, if you are looking for organic food such as fresh produce, chocolates and sweet and savoury treats we have a wide range of delicious products to eat and also some wonderful ideas for gifts.

We do encourage you to look for NZ made and eco- friendly products when buying your Christmas gifts, and don't forget to look for Fair Trade products too . These are all gifts that can keep on giving by supporting local producers, our own economy and also Third World countries..

We hope you have a relaxing and enjoyable Christmas and holiday break..

We have really appreciated your support during the past year and wish you and your family all the very best of good health and happiness and look forward to seeing you in 2017.

Christmas and New Year trading hours

| | 2016- 2017 | |
|---|------------|------------------|
| Monday Dec 19 th - Friday Dec. 23 rd | | 8.30am - 5.30pm. |
| Saturday December 24 th | | 9am – 3pm |
| Sunday December 25 th | CLOSED | |
| Monday December 26 th | CLOSED | |
| Tuesday December 27 th | CLOSED | |
| Wednesday Dec 28 th – Friday Dec 30 th . | | 8.30am - 5.30pm |
| Saturday December 31 st | | 9am –2pm. |
| Sunday January 1 st . | CLOSED | |
| Monday January 2 nd | CLOSED | |
| Tuesday January 3 rd | CLOSED | |
| From Wednesday January 4 th we are back to normal hours. | | |
| Monday – Friday 8.30am - 5.30pm and Saturday 9-2pm | | |

Please note we are open until 3pm on Christmas Eve.

Comucopia bread deliveries

Breadman

21st Dec, then 6th January

Bread & Butter

20th Dec, 29th Dec, 5th Jan.

Dovedale

22nd Dec, 30thDec, 6th January.

Essene Bread

21st Dec, then 11th January.

Flavour Breads

20th & 22nd Dec, 29th Dec, 5th January.

Oh My Goodness

Daily till 24th Dec, then 28th, 29th, 30th & 31st Dec, then daily again from 4th January.

Paleo Pantry

20th & 29th Dec, 5th January.

Purebread

20th & 22nd Dec, 29th Dec, then 5th January.

ThoroughBread

20th Dec, then 10th January.

Venerdi

20th & 22nd Dec, 29th Dec, then 5th January.

Y'A Bon Bakery

Daily till 24th Dec, then 28th, 29th & 30th Dec, & then weekdays daily from 4th January.

We are happy to take orders for breads so please ring us and we can put aside what you would like.

If you are going away and you have a regular order please let us know so we can cancel it for that time.

Back to normal from 9th Jan!

Kahikatea Farm Seedlings and Plants

Vegetable seedlings at Comucopia will be removed about midday on Christmas Eve, December 24th and a fresh selection will be back on Wednesday January 4th 2017 as the Kahikatea Farm team will be taking a well earned break.

Jo wants to remind us that January is the optimum time to be planting lettuces, winter brassicas and leeks, so make sure you free up some of your garden space for more lettuce, beetroot, kale and leeks ready for planting in the New Year

Skin Care Giveaways!

Three of our favourite New Zealand Organic skin care companies are doing a buy 2 products and get a free hand cream. This is a fabulous chance to get some extra Christmas gifts .

ANTIPODES certified organic skin care are giving away their amazing Joyful hand and body cream with any 2 products. This is a beautiful cream that we all love.

THE HERB FARM is offering a Rose & Ylang Ylang hand cream with any 2 products . This has a pohutakawa printed on the box and is a perfect Kiwi Christmas present. from our local friends The Herb Farm.

PLANTAE, a Nelson based Bio Gro certified organic skin care company is offering their Starflower skin brightening hand cream with any 2 of their skin care range. This helps to lighten those sun spots on our hands. Perfect in this Hawkes Bay climate.

So pop in and check out these offers and many more that we have in store .

Did you know, we have gift vouchers for that last minute gift!

221 Heretaunga Stree East, Hastings, Hawkes Bay.

www.comucopiaorganics.co.nz email comucopiaorganics@gmail.com

Ph. 068766248 We are always happy to help!

and have qualified naturopaths and herbalists always in store.

Follow us on Facebook too!



Christmas Wrapped Up!

Did you know that traditional Christmas wrapping paper is generally not very eco friendly!!

What about brown paper & raffia or string , large leaves tied with flax, newspaper and old magazines or scarves & handkerchiefs with ribbons!

[#GiftofGiving](#) for u-tube link.

Raw milk deliveries .

Lindsay Farm will be delivering their raw milk to Comucopia on Saturday December 24th & Saturday December 31st instead of Mondays over the Christmas & New Year period. The Thursday deliveries will remain the same. If you have any queries please contact Paul and Christine Ashton at rawmilk@clear.net.nz

Christmas Pudding Bites.



These healthy energy bites taste JUST like Christmas pudding and are the perfect treat to get you in the Christmassy mood!

- 80g ground almonds
- 100g pitted dates
- 130g dried apricots
- Zest half an orange & a lemon
- ½ tsp ground cinnamon
- 1 tsp ground mixed spice
- 1 tsp vanilla extract.

Mix all ingredients in a food processor until the mixture starts to clump together..

Take about 1 tbsp of the mixture and roll into a ball. It should make about 12.

To make the chocolate coating, melt organic dark chocolate over a very low heat, leave to cool and dip the balls in the mixture.

To make the decorations go to <http://wallflowerkitchen.com/christmas-pudding-bites/>