



# Cornucopia Organics

## Spring Newsletter 2015

221 Heretaunga St East, Hastings, Hawkes Bay.

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### Welcome to our spring edition.

Spring seems to have taken a while to arrive this year, but the blossoms are out and the weather is now getting warmer. In this edition we are looking at seasonal allergies as well as those suppliers who focus on garden products, growing and saving seeds.

#### Seedlings and Seeds

Creating and growing a garden is a wonderful way to live in a sustainable fashion from your own back garden or land. It's great for the kids and you definitely know where your produce is coming from! We stock products from the following wonderful growers:

**Kahikatea Farm** grow over 200 varieties of vegetable seedlings, edible and medicinal herbs, companion plants, flowers, shrubs and trees. Focusing on perennials and self-sowing annuals which are multi-functional, hardy, and contribute to a diverse and resilient garden or farm which provides fertility and pest control from within, and which can provide a forage system of food, medicine, fuel, dyes, craft and construction material for you and future generations, as well as a place of beauty and biodiversity. This type of garden is commonly called a 'forest garden'

**Setha's Seeds** produce high quality New Zealand heritage vegetable and flower seeds for home gardeners and small scale producers.

**Ecoseeds** range of vegetable, herbs and flower seeds are sourced to compliment organic growing. Along with growing tips and suggestions, their packs also have crop rotation and companion planting guidelines.

**Koanga Institute** focus on growing nutrient dense food and seeds in a regenerative manner for the next generation's health and well being. We stock their organic heritage seeds, these seeds are carefully selected for our climate in New Zealand and are grown intensively to be as nutrient dense as possible. Their website has lots of tips on what to grow and when.

**Epicurean Supplies** import a variety of heirloom tomato seeds which they grow and then sell the fruit of. Last year they also collected the seeds and now have these available for sale to you, so you can grow your own heirloom tomatoes.



Photo credit :Kahikatea Farm

### Coming Up

#### Carolyn from Wheats Up in store

Thursday November 5<sup>th</sup> 11am -2pm  
Come and sample fresh wheatgrass and learn how amazing it is for your health. Look out for Carolyn's Juice Caboose at the farmers markets too.



#### Raising Seeds Workshop with Setha

If you would like to know more about how to raise your own healthy plants from seeds with Setha? She is running a workshop at the Farmhouse Kitchen on November 29<sup>th</sup>. There will also be a workshop in the morning on edible weeds! For more information <http://www.juliasedibleweeds.com/workshops/>



## Seasonal Allergies

Seasonal allergies, also called hay fever and allergic rhinitis are a hypersensitivity to airborne allergens like pollen and dust, when inhaled into the nasal cavity they can trigger the body to release histamine, a naturally occurring immunity response to foreign pathogens.

If you have annually recurring hay fever, supporting the immune system for two months leading up to hay fever season is important. Herbs such as Echinacea and Astragalus help to balance and moderate immune function. Vitamin C, which is also a natural antihistamine, helps to reduce nasal secretions and inflammation, and flavonoids such as quercetin, rutin, and hesperidin also have antihistamine properties.

Healthy digestion and maintaining good gut flora are cornerstones for reducing allergy severity so support the gut flora with probiotics and fermented foods and avoid processed and sugar-laden foods. Avoid dairy, wheat and gluten and often citrus can be aggravating as well. Add extra garlic and onions to the diet, maintain healthy liver function and support the adrenals in cases of stress.

Allergic reactions are a result of the actions of histamine, causing the tissues in the affected areas to inflame. Nettle contains histamine in a weak form and can attach to the histamine receptors in the tissue and blocks the body's own histamine uptake, and in that way reduces its effects. Nettle tea works best when one drinks two-plus cups daily two months before allergy season begins or as a tincture 2-3 mls 2x daily. Other anti-allergic herbs such as albizzia and baical skullcap can also be helpful. Raw apple cider vinegar also helps to block the histamine response and reduces inflammation and a spoonful a day of raw local honey will help your body build up a resistance to local pollens. For runny eyes and painful sinuses, the herbs eyebright, golden seal and also elderflower, golden rod and horseradish can be really soothing on the mucous membranes, There are many herbs that can give relief, but each person is different so talk to our herbalists and naturopaths to find a treatment that will work for you: We have many different herbs and supplements and homeopathic preparations too to give support at this time of year.



The very best of health from Kaye and Alan and the Comucopia team  
[www.comucopiaorganics.co.nz](http://www.comucopiaorganics.co.nz) Phone: (06) 876 6248

## Supporting the Respiratory System

As the famous poem goes – 'Spring has sprung, the grass has ris, I wonder where the birdies is'. For those unlucky enough to suffer from allergies, unfortunately the 'ris-ing' of the grasses & appearance of pollens at this time of year is no laughing matter. Interestingly, there's one plant which masquerades as a weed & is commonly mistaken for one of those pesky grasses, but is actually an excellent mucous membrane tonic which can help support the upper respiratory tract and relieve the symptoms of allergies – that plant is Ribwort or *Plantago lanceolata*. This month we have a focus on this interesting 'weed that heals' which features in our De-Stuff and De-Stuff for Kids – perfect for the allergy season.

### Herb of the Season

Ribwort (*Plantago lanceolata*)



The herb can be used to treat respiratory problems such as asthma and hayfever as it has anti asthmatic, antispasmodic, soothing properties that combine well with nettle. It can also be used to treat coughs, bronchitis and TB, and related inflamed conditions of the respiratory tract. It soothes and promotes the healing of inflamed, damaged respiratory surfaces, as well as being expectorant, encouraging the removal of phlegm from the system. It also contains trace minerals including zinc, iron, calcium and sodium, as well as bitter compounds and vitamins A,C and K.