



Cornucopia Organics

Winter Newsletter 2015

221 Heretaunga St East, Hastings, Hawkes Bay.

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Welcome to our winter edition.

Well we are now past the shortest day and the days are definitely lengthening. However once the solstice is past it usually seems to get colder and wetter! Matariki is shining in our winter skies and we hope you have enjoyed your own Matariki celebrations whatever they may be and with all the colds and flus around we wish you warmth and wellness this winter.

Plastic Free July.

Plastic Free July aims to raise awareness of the amount of single-use disposable plastic in our lives and challenges people to do something about it. You can sign up for a day, a week or the whole month and try to refuse ALL single-use plastic or try the TOP 4: plastic bags, water bottles, takeaway cups and straws.

Plastic is a very recent phenomenon, really only becoming part of people's lives since the 1950s. But the impact of plastic in our lives today is undeniable – it's everywhere. There was more plastic produced in the first 10 years of this century than all of last century.

Plastic is designed to last forever, yet every day we use it for disposable items which last a few minutes and throw away. Most is landfilled, some is recycled and some ends up in the environment. It is estimated that 8 million tons enter the oceans each year where it entangles with and is ingested by wildlife. And do you know that every bit of plastic ever made still exists somewhere in the world!

Every day we encounter single-use plastic: bags, water bottles, straws, food packaging & takeaway coffee. We can all take steps to avoid plastic becoming a problem. Remember your own shopping bags and water bottles, refuse over-packaging, choose reusable alternatives and pick up plastic rubbish. When you sign up to www.plasticfreejuly.org you will be emailed ideas, tips and recipes each week.

At Cornucopia we try to minimize our use of plastic as much as possible. We do not use plastic bags to pack your shopping. We will offer you an empty box or paper bag and encourage you to buy a hemp, or organic cotton shopping bag. If you haven't brought your own. We use Symbio biodegradable and compostable plastic produce bags and corn starch bags from Eden Greenz <http://www.edengreennz.com/newsletter.html>

We welcome your feedback and suggestions too on plastic use.

Coming Up in store

Ola Pacifica 100% cacao, we love it!



Nia and Phil from OLA PACIFICA will be in Cornucopia Thursday 29th July from 11am to 2pm with specials on their organic raw cacao.

Come and have a chat with them and drink chocolate!



PLASTIC FREE JULY

Can you commit to cutting out all possible single use plastics for the month of July? The four most prevalent single use plastics in the environment are:

- plastic bags
- straws
- coffee cup lid
- plastic bottles

Sign up on the Plastic Free July website to get support straight to your inbox, www.plasticfreejuly.org or follow us on facebook for tips and ideas.

Spotlight on Turmeric

Turmeric (*Curcuma longa*) is a plant of the ginger family and has a peppery, warm and bitter flavor and a mild fragrance reminiscent of orange and ginger. It has traditionally been used in Indian cuisines and has a long history of medicinal use. It has been used to treat pain and inflammation as well as stomach and liver ailments and cancer. Topically, turmeric was used to help treat many skin conditions, including sores, eczema and skin rashes as well as being an important spice in beauty products and in spiritual ceremonies and weddings.

Turmeric contains bio active compounds called Curcuminoids of which the most important is curcumin, the pigment which gives turmeric its bright yellow colour, and has powerful anti-inflammatory, antioxidant, antibacterial, antiviral and anti-mutagenic activity. As a potent natural anti-inflammatory it may work as well as many anti-inflammatory drugs but without the side effects.

Even mainstream medicine acknowledges Turmeric's health promoting properties. According to Web MD: "Turmeric is used for arthritis, heartburn (dyspepsia), stomach pain, diarrhea, intestinal gas, stomach bloating, loss of appetite, jaundice, liver problems and gallbladder disorders. It is also used for headaches, bronchitis, colds, lung infections, fibromyalgia, leprosy, fever, menstrual problems, and as a cancer preventative. Other uses include depression, Alzheimer's disease, water retention, worms, and kidney problems. Some people apply turmeric to the skin for pain, ringworm, bruising, leech bites, eye infections, inflammatory skin conditions, gum infections, and infected wounds."

So how do we take turmeric? Research suggests 1.5- 4 grams divided over two to three doses daily, but more does not seem to be toxic or useful as it has a low bio-availability in the body. To get the most out of your turmeric add 3% black pepper to the mix as curcumin is cleared from the body within one hour or so after ingesting. However by combining curcumin with piperine, an alkaloid found in black pepper, this extends the life of curcumin in the body helping it to stick around longer. So when adding more turmeric into your cooking remember to add some black pepper or ginger too to the mix, to help increase absorption and take with a fatty meal or some coconut oil as it is fat soluble.. Herbal medicine traditions understood the importance of the synergy of the whole plant and all the active ingredients, so taking turmeric as a powder or whole root is preferable on a daily basis, and if you want to experience more therapeutic effects, you may want to take a curcumin supplement as well.

Here are a few traditional ways in which you could use turmeric.

- Add to soups, stews, curries, stir fries and spice blends as it gives a rich, warm flavor and a beautiful colour.
- For home made bone broth a couple teaspoons of turmeric powder is a great addition.
- Make a fresh juice or smoothie including some turmeric root.
- Stir into yoghurt, or sprinkle on your breakfast cereal.
- In a Turmeric Tonic Tea to improve sleep, digestion and immunity.
- Turmeric powder as a gargle for sore throats and persistent coughs .
- Externally in poultices or mix to a paste with aloe vera or manuka honey to soothe skin irritations and infections, reduce inflammation, and draw out bacteria from sores and wounds.
- Turmeric powder can be used in facial washes and scrubs to soothe skin irregularities and even out skin tone.
- Turmeric is used in some natural sunscreens and bronzers. A paste of Turmeric and strong brewed black tea will temporarily darken the skin and may provide some sun protection.
- Use turmeric powder to whiten teeth and to treat gum infections.
- Sprinkle turmeric (powder) water near all the entry points of your house to ward off insects, ants, and other creatures.

We sell organic turmeric powder, fresh turmeric root, turmeric liquid extract and Turmeric and Curcumin capsules too. Pop in and talk to us about how turmeric could help support your health.

Ayurvedic Immunity Tea



This is a wonderful recipe for an immunity tea that'll warm you from the inside out through the winter. Turmeric is a warming herb, it is a natural antibiotic and antiviral. It stimulates formation of new blood & aids digestion of protein. It's also a powerful anti-inflammatory and a natural pain reliever. This is a great way to take it in a home-made tea:

Ingredients:

- 3/4 tsp turmeric powder
- 2 -3 whole black peppercorns
- 1/4 tsp ground cardamom
- 1/4 tsp fresh minced ginger
- Pinch of saffron, optional
- 1 1/2 cups non-dairy milk
- Natural sweetener like dates or maple syrup or vanilla

Instructions:

- 1) Put your choice of milk into a pot
 - 2) Add all the spices.
 - 3) Warm over med heat for 3-5 mins
- Strain, serve, and enjoy

Thanks to Rachel Chapman

Onion and Turmeric Cough syrup.

- 1 medium/ large onion sliced
- 1/2 cup raw manuka honey
- 1 tsp - tbspc turmeric powder or root

Combine ingredients, mix well and leave for 12-24 hours. Strain into a jar and squeeze out as much liquid as possible. Store in the fridge in a screw top jar and it will keep for up to a month.

Take a tsp in warm water 1-3x a day or when needed.

Have fun playing with this recipe. Add some garlic or ginger to spice it up more or just go with the traditional onion and honey. It is very soothing and effective and so easy to make!

(Not suitable for children under 18 months as it contains raw honey)

Foods to fight colds and flu.

With this cold wintry weather that we are experiencing, there are many viruses and infections around. Here are a few foods that may boost your immunity and help you ward off a cold or flu this winter.

1. **Berries** are a very rich source of anthocyanins which are potent antioxidants as well as being high in Vitamin C. Elderberries and blackcurrants have been found to inhibit viral binding to cells and may reduce the duration of colds and flus. Blackberries, raspberries, strawberries and blueberries all contain anthocyanins.
2. **Dark Leafy Greens** like spinach, kale, swiss chard and rocket, are absolute super foods, chock full of vitamins, minerals and antioxidants and great sources of cold-fighting Vitamin C. The darker the greens, the higher the nutrient content, so try a green smoothie, a kale salad or lightly stir fried greens with garlic.
3. **Garlic** has been used since the beginning of documented history for both medicinal and culinary purposes. It boosts immunity by inducing white blood cell activity and its anti viral, anti bacterial, anti fungal properties protect against colds and flus. It is best chopped and eaten raw or lightly stir fried.
4. **Green Tea** contains catechins and theanines which can reduce the incidence of influenza infection by inhibiting binding and replication of viruses. Use organic green tea preferably and try Japanese Matcha tea which is a powdered green tea.
5. **Manuka honey** contains powerful antibacterial, antimicrobial, antiviral, antioxidant, antiseptic, anti-inflammatory and anti-fungal properties, making it extremely effective in treating a wide variety of health conditions. It also contains more vitamins, minerals, amino acids and antioxidants than other types of honey which helps to boost the immune system and prevent colds and flus. Try drinking warm water with lemon juice, ginger and honey.
6. **Mushroom** varieties such as Reishi, Shitake, Maitake and Oyster mushrooms are just a few exotic and medicinal mushrooms which contain long chain polysaccharides and beta-glucans which are potent immune enhancers and stimulate white blood cells in the immune system and they have an anti inflammatory effect too
7. **Red, yellow and orange fruits and vegetables** are rich in antioxidant nutrients lycopene, betacarotene and vitamin C. Capsicums, tomatoes, pumpkins, squash, beetroot, red onion, chillies, carrots, orange and lemons are full of Vitamin C and other anti oxidant nutrients. They increase the amount of circulating immunoglobulins which are antibodies which attach to the pathogen to help the immune system identify and destroy it.
8. **Water** is often harder to drink in winter, so it is easier to become dehydrated. The body needs water to remove waste from the body and to transport minerals in and out of the cells and oxygenate the blood. Not drinking enough water can make us feel fatigued and susceptible to infections. Try drinking warm water and water with a squeeze of lemon and herbal teas too like ginger and elderflower when you are unwell.

And don't forget warming herbs and spices, like cinnamon, ginger and turmeric too which we have profiled on the previous page!

Viv's Immune Building Chicken Soup.

With all the coughs and colds around at this time of year, this soup is a great way to keep or get you well!

4 organic chicken legs
6 onions
5-10 gms ginger grated
1 chicken stock cube
2-3 chillies or more!
1 pkt shitake mushrooms.
1 tsp – 1 tbsp Turmeric powder

Cover with water. Bring to the boil and simmer for 1 1/2 hours.

Remove chicken bones and add a handful of goji berries and several finely chopped garlic bulbs and the turmeric powder.

Freeze in single serve containers and when sick have 1-2 serves daily.

Paleo breads seem to be popular at the moment, not only with those who are avoiding grains but for those of us who are trying to minimize gluten too. We stock 3 Paleo breads:

Thoroughbread have a Paleo loaf, **Venerdi** 2 varieties of Paleo breads **Paleo Pantry** an Artisan loaf.



Paleo breads usually include almond meal, ground flaxseed or coconut flour and there are many recipes on line if you want to make your own.

They all arrive in store on Tuesdays so come in and try one!

Local Businesses we love. Hohepa Farm.

We love Hohepa Farm. They supply us with Biodynamic vegetables, fennel, leeks, kale, cabbages silver beet through the winter and of course their delicious cheeses and quark which are produced at their boutique Cheesery where the milk is pumped through from the adjacent milking shed, situated on their 52 year old 'bio-dynamic' farm. They milk approximately 46 hand reared shorthorn cows, which graze on lush herbal lay pastures and it is the special care of the land to which the cheese makers attribute the wonderful taste in the cheese!

Hohepa Hawke's Bay are leaders in Bio-dynamic farming practices in NZ, extending from Rudolf Steiner's impulse of Anthroposophy. All land is DEMETER CERTIFIED which means it is managed on Bio-Dynamic principles as an essential basis for the nutrition of people and animals and the responsible stewardship of the land. Biodynamic agriculture is a spiritual – ethical – ecological approach to agriculture which has much in common with other organic methods. It uses manures and composts and excludes the use of harmful artificial chemicals on soil and plants. Hohepa Homes strive to create a diversified and balanced farm ecosystem that generates health and fertility as much as possible from within the farm and also gives meaningful employment to the residents who live there.



Lentil Soup, thanks Hohepa Homes!

4 cups lentils (soaked overnight)
3 finely chopped onions
6 cloves garlic, chopped
50g butter or oil.
3 carrots, finely chopped
1 leek, finely sliced
Celery, finely chopped
2 tbsp tomato paste
12 cup water or vegetable stock
2 bay leaves
1 dessert spoon coriander and cumin
Salt and pepper
Juice of 1 lemon

Hohepa herb quark

½ cup chopped fresh parsley or coriander

Melt butter; add onion, garlic, vegetables and spices. Cook for five minutes. Add soaked lentils, water, tomato paste and bay leaf. Cook for approximately 30 minutes until lentils are soft, Add seasoning and lemon juice, parsley and a tablespoon of delicious Hohepa herb quark.

We would love to hear from you with any feedback and suggestions for our newsletters which come out seasonally.

website www.comucopiaorganics.co.nz ph 068766248
e-mail. comucopiaorganics@gmail.com Follow us on facebook too!

New in store!



Frozen, local organic feijoas .This is a trial run for a new product, just \$11.95 for a 1kg bag. Hurry on in while stocks last.

Zany Zeus Cheese and Yoghurts



Zany Zeus is an organic boutique cheese making business in Wellington which specialises in delicious handcrafted cheeses and yoghurts. It is a family operation which utilises traditional open vat techniques for cheese manufacture.

Meals in Steel lunchboxes and Munch cotton sandwich wraps and snack bags and beeswax wraps too for all your plastic free school work lunches!

www.mealsinsteel.co.nz
www.munchcooking.com

Did you know !



No. 5487

- We are very proud of the Biopro certified organic status in our shop, so you can be sure we take organics seriously!
- We have a Medical Herbalist or Naturopath available in store to support your health. Call in any day of the week for a free chat!
- We use BPA free eptpos and till receipt rolls.

The very best of health from
Kaye and Alan and the team

Printed on 100% recycled paper.