



September Newsletter 2018

Welcome to Spring! It is officially here and with the warmer weather comes pollen, sneezing and runny noses if you have a susceptibility to hay fever and airborne allergens. Well we have some good advice for those allergy sufferers and also some tips from our two awesome gardening gurus who deliver our wonderful seedlings.

SEASONAL ALLERGIES also called hay fever and allergic rhinitis, are a hypersensitivity to airborne allergens like pollen and dust and when inhaled, trigger the release of histamine, a naturally occurring immunity response to foreign pathogens, causing the tissues in the affected areas to inflame.

If we can build up our body's resilience to an allergen, it can reduce our reactivity to it. These tips may help you to get your allergies under control naturally. Pop in and chat to one of our naturopaths.

- **Drink Nettle Tea** -stinging nettles contain histamine in a weak form and can attach to the histamine receptors sites to block the body's own histamine uptake. Drink two-plus cups daily two months before allergy season begins or as a tincture 2-3 mls 2x daily.
- **Raw apple cider vinegar** also helps to block the histamine response and reduces inflammation
- **Raw local Honey** The bee pollen in honey can help to desensitise the body to the pollens in the air and help to build up a resistance to local pollens. Choose local honey and eat through the year rather than just around allergy season for best results.
- **Vitamin C** Research has shown the combination of vitamin C and bioflavonoids help reduce inflammation caused by histamines. The recommended daily dose is 2g of vitamin C and 1500mg of bioflavonoids. For optimum effect, take half a dose morning and evening.
- **Vitamin A and Zinc** are integral nutrients to help stabilise mucous membranes, reducing mucous production and irritation.
- **Quercetin** studies have established that this bioflavonoid can help to reduce the immune system's reaction to histamine so take a dose of 500mg of quercetin three times daily.
- **Turmeric** and its active ingredient curcumin can prevent the release of histamine from mast cells. Try juicing or stir frying a 4-5cm piece and it is also readily available as a dried powder, so add a teaspoon to a smoothie or make your very own turmeric latte
- **Omega-3 fatty acids** may assist by dampening down the production of inflammation in the body. Good sources of omega-3 fatty acids are oily fish, such as sardines or salmon, walnuts, flaxseed, chia seeds & hemp seed oil.
- **Probiotics** will support good gut flora and improve immune function. Take a probiotic supplement and eat fermented foods, avoid sugar laden and processed foods and add extra garlic, onions and sour dough breads and acidophilus yoghurts.



September Specials, while stocks last

- **"Weleda"** Kids 2in 1 shampoos, Vanilla, Lime and Orange only \$11.90 and all Weleda Baby range on special
- **"Weleda"** Allergy formulas and Birch Spring detox range all on super special this month
- **"Nordic Naturals"** Fish oils all on special
- **"Good Health"** Supplements all at special price.
- **"Lifestream"** Advanced Probiotics 30's now \$22.90, 60's now \$37.90, 120's now \$67.50. Plus Mood and Immune Probiotic 30's only \$21.90



New products

- **"Ethique"** Shampoo and Body and Cleaning bars.
- **"Wholegrain Organics"** Essene and Sour dough breads and carob bars
- **"Totally Devoted"** gluten free lactation cookies, ginger, ginkgo and blackcurrant cookies!
- **"Nutrisoy"** organic tempeh and soy products and burgers.

Spring into your garden!! We have two awesome suppliers both called Jo! who provide our organic seedlings. Here is some info they have written:

Planters Nursery is owned by Jo Reid and Trude Weekes.

We have just closed our retail shop to focus on commercial vegetable production for market gardeners in the Hawke's Bay, along with supplying smaller outlets with punnetted vegetables/herbs and flowers.

We are very proud to be producing organic trays and vege punnets commercially and for wholesale, of which we are delighted to be working with Cornucopia supplying organic seedlings.

With the onset of spring we are flat out with production of all your spring/summer veges which will be available in the coming weeks. But we are always a bit cautious through September releasing spring veges, although it seems to be warmer the nights are still cool and your veges may sulk, so any summer veges planted a bit later will perform better once the soil warms.



Kahikatea farm is owned by Jo and Aaron Duff.

Spring is here and it's a slightly different one for us here at Kahikatea Farm as for the first time in nine years we are not growing annual veges for sale. Earlier this year we decided to focus only on perennial plants – edible and medicinal herbs, dye plants, beneficial insect attractors, trees and shrubs. We are focusing only on those which give you a long harvest and therefore avoid both the work and the cultivation of the soil that go with constantly planting annuals. These include various types of kale and collards (open leaf cabbage) which can sometimes be harvested for a year or more, and celtuce – a Chinese lettuce which gives you a harvest of leaves over several weeks followed by a sweet crunchy stalk which is cut up in rings and stir-fried – delicious! Now is the time for sowing all sorts of spring and summer crops from lettuces to tomatoes. So Look out for all those plants here at Cornucopia, along with Moonglow Tomatoes which are super-high in available lycopene.

Find out more about our plants and courses on our website www.kahikateafarm.co.nz

Snippets and Info

- We are working on a 2nd Eftpos terminal to speed up transactions at the counter.
- We are certified organic with Biogro so you can be sure we are following organic principles.
- We do not use any chlorinated or fluoridated water in our shop.
- We always have a Naturopath or Medical Herbalist in store to advise you.



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

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Spring Nettle Soup



- 1 onion, chopped
- 2 garlic cloves, halved
- 2 celery sticks, chopped
- 1 leek, chopped
- 2 medium potatoes, peeled and chopped
- 1l vegetable stock/broth/water (4 cups)
- 100g nettle tops (4 cups of leaves)
- fresh chives to garnish

Instructions

In a large pot heat 1tbsp of olive oil, add chopped onion, garlic, celery and leek and leave to cook for about 5 minutes stirring frequently.

After 5 minutes add potatoes and your choice of liquid. Bring to a boil and leave to simmer for about 10-15 minutes until the potatoes are soft.

Carefully pick nettle leaves from the stems and wash thoroughly. It's best to use gloves to do that. Once potatoes are soft add nettles to the pot and boil for 2 more minutes.

Remove from the heat and carefully blend until smooth.

Serve garnished with freshly chopped chives.