



CORNUCOPIA ORGANICS

Christmas Newsletter 2015

221E. Heretaunga St. Hastings.

Issue 10. December 2015

Welcome to our Christmas edition.

Christmas always seems to sneak up on us, and this year is no exception. Here at Cornucopia we are trying to keep Christmas simple and be aware of how we spend our money and what we buy for our family and friends..

We have many ideas for Christmas gifts, including delicious organic and fair trade chocolates and baked goods, locally grown fresh produce, hand made crafts, organic wines and beer, fair trade and organic baby clothing, organic skin care and make up, and gardening tools and local seeds and plants . So buy organic and New Zealand made too and help us save the planet!

We wish all our customers a peaceful, healthy and happy Christmas and a safe and relaxing holiday. We have really appreciated your custom over the past year and wish you good health and happiness for 2016.

Christmas and New Year trading hours

2015- 2016

Monday Dec 21 st - Thursday 24 th	8.30am - 5.30pm.
Friday December 25 th	CLOSED
Saturday December 26th	OPEN 9am – 2 pm
Sunday December 27 th	CLOSED
Monday December 28 th	CLOSED
Tuesday Dec 29 th -Thursday 31 st	8.30am - 5.30pm
Friday January 1 st	CLOSED
Saturday January 2nd	OPEN 9am – 2pm
Sunday January 3 rd	CLOSED
Monday January 4 th	CLOSED

From Tuesday January 5th we are back to normal hours.

Monday – Friday 8.30am - 5.30pm and Saturday 9am – 2pm.

Please note we are open on Saturday December 26th and Saturday January 2nd from 9am – 2pm!

Cornucopia bread deliveries Over Christmas & New Year.

Breadman

17th Dec, 23rd Dec, 7th January

Bread & Butter

15thnd Dec, 22nd Dec, 5th January.

Dovedale

24th Dec, 31st Dec, 7th January.

Essene Bread

22nd Dec, 22nd January.

Flavour Breads

24th Dec, 31st Dec, 7th Jan

Paleo Pantry

15th Dec, 22nd Dec, 5th January.

Purebread

22nd Dec, 30th Dec, 5th January

ThoroughBread

15th December, 12th January

Venerdi

24th Dec, 30th Dec, 5th January.

Y'A Bon Bakery

21st 23rd, 24th Dec, 29th & 31st Dec, 6th & 8th January.

We are happy to take orders for breads so please ring us and we can put aside what you would like. And if you are going away and you have a regular order please let us know!

Kahikatea Farm Seedlings and Plants

Annual vegetable seedlings at Cornucopia will be removed on the morning of Christmas Eve, December 24th and a fresh selection will be back on Tuesday January 5th. 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.

A large selection of perennial herbs and companion plants, including some that are new to their range will still be available at Cornucopia during the holiday period so come in and see what is available.

Many thanks to you all!

Natural sun protection

Here in Hawke's Bay we have a warm and sunny climate, so, it is important to be sun smart. Sunscreens are an important part of sun safety these days, but not all are safe for you and your family as some UV-absorbing chemicals used in sunscreens can be a health risk. So, do your homework and look at the ingredients in your sunscreens because your skin is your largest organ and what you put on your skin is absorbed into your bloodstream. We sell several ranges of organic and natural sunscreens which including **Soleo, Badger, Ecotan Coconut sunscreen, Wotnot, Green People, and from New Zealand, Pure South, Oasis and Millstream Gardens.**

See Christmas 2013 edition for a recipe for making your own sunscreen

Did you know our own local Millstream Gardens is now making a sunscreen? Read on to find out more from Jan and Geoff!

This has been one of the most challenging recipes we've worked on. After much research and deliberation, we are using a product called Zinclair as the foundation. This is a dispersion of Zinc Oxide nano particles in the Coco Caprylate/Caprates which are all naturally occurring ingredients, and have ECO Cert, and Natural Products certification. We are very happy with the final product, and have had great feedback from all our volunteers. Initial testing confirms that the SPF is over 30 and the product meets both Critical Wavelength, and UVAPF & UVAPF/SPF requirements. Zinc Oxide is a broad spectrum UV blocker, the cream base & plant extracts enhance the SPF and help protect your skin from sun damage.

For more information please check out our blog post:
<https://millstreamgardens.wordpress.com/2015/10/08/our-sunscreen/>:

Our sunscreen contains: Infusion of Green and Black Tea in Water, Zinc Oxide (nano) & Coco Caprylate/Caprates*, maceration of Comfrey, Aloe vera & Elderflower in Olive Oil, Cetearyl & Sorbitan Olivates (emulsifier)*, Lanolin, Beeswax, Essential Oils of Tulsi & Carrot Seed, Naturaguard Ultra*, Bicarbonate of Soda.

***ECO certified ingredients. Try some and give us feedback !**

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

website: www.comucopiaorganics.co.nz ph: 06 876 6248 email: comucopiaorganics@gmail.com

Christmas Raffle!

For the whole of the Christmas week we have a raffle of organic Christmas goodies for one lucky customer. Purchase a ticket for \$5.00 to be in the draw and all the proceeds go directly to Kildscan to help Kiwi kids in need.

A great way to help others less fortunate this Christmas!

Raw milk deliveries .

Lindsay Farm will be delivering their raw milk to Cornucopia on Tuesday 29th December & Tuesday 5th January instead of the usual 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

Almond, pistachio & cranberry fudge



115g coconut oil
150g dark chocolate, broken up .
6Tbsp cashew or almond butter
1/2tsp himalayan pink salt
150g cranberries
100g almonds (or pistachios or hazelnuts) lightly roasted & chopped.
Sprinkling of frozen raspberries.

Lightly roast the nuts by placing them on a lined tray in a 170°C oven for approximately 10 minutes or until lightly brown. Chop when cool.. Place coconut oil, dark chocolate, nut butter and salt in a small pan and heat until just melted. Add the chopped nuts and cranberries and stir to combine. Pour the mixture into a lined tin, either 20cm x 20cm or 18 x 30cm work well, and place in the fridge to set. Once firm, remove from the tin and cut into pieces. Stored in the fridge this keeps for a couple of weeks, although we doubt it will last that long. It freezes well too.

If you want a raw slice use raw cacao and raw nut butter or make your own. Soak the nuts before using instead of roasting them, and do not heat above 40 degrees. when melting chocolate and oil.

Thanks to BePure for this recipe.
www.bepure.co.nz