



Cornucopia Organics

Winter Newsletter

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www.cornucopiaorganics.co.nz

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Welcome to our first newsletter!

Impossible, we hear you say, finally a Cornucopia newsletter?! We've come up with plenty of excuses over the years...we don't have the computer skills, we don't have the time, we've been busy looking after our valued customers. BUT we've run out of excuses, so here it is – our first newsletter, 20 years in the making!

During the winter months we need more than ever to look after our immunity and general health, so we have jam-packed this issue with ideas on how to keep healthy and strong through the last stages of winter and beyond.

Prebiotics & probiotics - what are they?

We all want to keep ourselves, and our families, well throughout the winter months, and looking after our digestive system is an important part of staying healthy. Both prebiotics and probiotics form part of our gut flora and maintain and restore the balance of friendly micro-organisms in our digestive tract. They complement one another and work together to improve overall health and wellbeing. A diet low in beneficial gut flora may severely impact on our health and deplete our immune function.

Prebiotics come from carbohydrate fibres called oligosaccharides, such as oligofructose and inulin. This fibre is only partially digested, and the remainder stays in the digestive tract feeding and nourishing the beneficial bacteria already in the large bowel or colon. Traditional diets contained foods richer in prebiotics than today's modern processed diet.

Probiotics are live micro-organisms. The most common type of probiotics are from the Lactobacillus (L.) and Bifidobacterium (B.) groups, and within these there are many different species. While prebiotics feed beneficial bacteria, probiotics *are* the beneficial bacteria, and contain live, beneficial micro-organisms which help to re-colonise the digestive tract.

Collectively, these beneficial bacteria help to form our micro-flora and are essential to health. They help your body to synthesise vitamins, absorb nutrients, keep pathogens at bay, and boost your immune system. Everyone's digestive tract contains beneficial bacteria, but antibiotics, illness, and poor eating habits (including diets deficient in prebiotics) can reduce and inhibit the proliferation of these friendly intestinal micro-flora. Consuming probiotic foods and supplements will help to re-colonise your digestive tract's natural flora and improve your immunity, but remember probiotics and prebiotics work together synergistically. If you load up on probiotic supplements, it won't do your body much good if you continue to eat a diet low in prebiotics. So check the list in the column to the right, and stay well with prebiotic and probiotic foods in your diet.

Some good sources of prebiotics and probiotics

Prebiotics:

- Fresh greens (especially dandelion, endive, chicory)
- Jerusalem artichoke, kumara and other tubers
- Slippery elm and flax seed
- Onions and garlic
- Asparagus
- Whole grains
- Bananas, berries and other fruit
- Legumes (lentils, chickpeas etc)

Probiotics:

- Natural acidophilus yoghurt
- Sourdough breads
- Tempeh
- Kefir
- Traditional miso and tamari
- Sauerkraut (and other fermented vegetables)
- Kombucha
- Apple cider vinegar (with the mother culture)
- Probiotic supplements

Coming up

Instore Soda Kefir Grains Demo & Tasting with Maria
Thurs 15 Aug 10.30am-2.30pm

Kombucha Demo & Tasting
Wed 21 Aug 11am-1pm

Wheatsup Wheatgrass Tasting
Fri 23 Aug 11am-3pm

Instore Coconut Kefir Tasting with The Kefir Co.
Thurs 12 & Fri 13 Sept 10am-3pm

Be in to win a Weleda Cold and Flu pack when you sign up instore to receive our next newsletter online. (The pack includes Echinacea/Thuja, cold & flu pillules, plantago/eucalyptus chest rub, and organic cough elixir).

NZ superfoods

There is a lot of talk these days about superfoods, and the ones in the news all seem to come from exotic places! We are persuaded that maca root, chia seeds, goji berries, acai berries, raw cacao (to name a few) are the answer to all our health problems. But what about the foods that we grow here in New Zealand, are some of them superfoods?

According to Wikipedia a superfood is a food with high nutrient and phytochemical content, found in nature, which is considered to be especially beneficial for health and wellbeing.

Some of the winning athletes of the 2012 Olympics credit their medals to a superfood that has managed to go unnoticed among some of the more exotic fruits and vegetables. The common garden **beetroot** might not seem too fancy compared to maca, camu camu or acai, but it turned athletes into Olympic champions by enhancing performance, boosting circulation and increasing stamina and energy. Beetroot juice is believed to increase the flow of blood and oxygen, which can really help athletes competing in short and strenuous physical activity (1). If beetroot could upgrade the energy of those athletes, then imagine what you might be able to achieve with a daily dose of beetroot juice!

So, what other local and organic foods that we sell daily in Cornucopia this time of year can pack a healthy punch?

Curly Kale is a leafy green vegetable that belongs to the Brassica family (which also includes vegetables like broccoli, cabbage, and brussels sprouts). There are many different varieties of kale, and it is a great winter vegetable. Kale is considered a superfood because it is a great source of vitamins and minerals, and it also contains several other compounds that are beneficial to your health. It has very high levels of Vitamins A, C and K - one cup of chopped kale easily provides your recommended daily allowance of these vitamins. It is also a good source of Vitamin B6, calcium, thiamine, folate, iron and several other nutrients. It is low in calories, fat and cholesterol, and is a good source of fibre and protein. Kale is packed with antioxidants such as vitamin C, beta-carotene, and also contains many phytochemicals that have beneficial effects on health. One type, the glucosinates, are broken down in the body into organosulphur compounds that have cancer-preventive properties.

Garlic is truly one of the most amazing superfoods! It contains more than 100 biologically useful chemicals that can do everything from lower cholesterol to fight off viruses and it is therefore a great food to consume during flu season. Recent findings on the power of garlic to fight cancer and cardiovascular disease, as well as its anti-inflammatory and antiviral properties, elevate garlic to superfood status. Garlic also contains allicin, a sulphur compound that gives it its pungent smell. The allicin is released when chopped or minced and is best eaten raw, as cooking diminishes the health-giving properties.

Lemons The health benefits of lemons and lemon juice are well known. But if you're like most people, you are probably squeezing out the lemon juice and tossing away the left over lemon peel. Do you know that lemon peel contains even more nutrients, vitamins, and health benefits than the juice? It contains about 5 to 10 times more vitamins and is a great source of fibre, potassium, magnesium, calcium, folate, and beta-carotene, as well as citrus bio-flavonoids, antioxidants, pectin, vitamin C and limonene which is now considered to be beneficial in protecting against cancer.

1. Reynolds, G. Read more at <http://inquisitr.com/296849/olympic-athletes-turning-to-beetroot-juice-and-tart-cherry-juice/#ilwbbFP48G9imjfa.99>

Seasonal superfoods: Spotlight on lemons

- Try a squeeze of lemon in warm water first thing in the morning to cleanse your system, and think of using lemons in a variety of ways throughout the day.
- Put the lemon in the freezer for a few hours to make it easier to grate.
- Grated lemon peels make a great addition to salads and herbal teas and add amazing flavour to any meal.
- Make sure you are using organic lemons as the peel of non-organic ones have chemical residue from sprays and pesticides.

Lemon cold & flu support

- 1 lemon
 - a piece of fresh ginger root
 - clove of garlic
 - 3-5ml echinacea root tincture
 - 1 tsp manuka honey
1. Grate the rind of a lemon.
 2. Add grated ginger root and crushed garlic.
 3. Pour boiling water over and leave to steep.
 4. Strain and add lemon juice, honey and echinacea root.



Lemon cleaner

To make a great grease-buster and disinfectant, simply put a bunch of lemon peels in a jar, then pour white vinegar over. Put the lid on and let it sit for two weeks, then strain the liquid. Combine this with water (using a 50/50 ratio) and then use as you would your normal all purpose cleaner.

Tips from the herbal dispensary: Focus on fever

Winter is the time for colds and coughs and most parents of young children will have nursed their child through a cough, a cold and perhaps a fever this winter.

Fever is a natural defence mechanism that our body uses to fight off viral and bacterial infections, and an increase in the body's temperature allows our immune system to function optimally, and makes it more difficult for viruses and bacteria to replicate. Acute respiratory infections in young children are very normal, and help to build the child's lifelong immunity, especially when you can nurse your child naturally through the illness rather than resorting to fever suppressant medication.

Fever can indeed be scary, and any fever in an infant younger than three months is a concern, but in general a fever is positive evidence of an active immune system revved up and working hard to assist these immunological processes.

Increasing fluids is important in a fever and in our herbal dispensary we sell diaphoretic herbs, which temporarily raise the body temperature, activate the immune system, encourage sweating (which then brings down body temperature), improve circulation, and minimise the symptoms of colds and influenza including sore muscles, chills, congestion, and sore throat. Hydration and herbal teas are often enough to help a child (or adult!) through the symptoms of a fever.

There are several herbal teas that can be used safely in children (and adults) with a fever. You can choose from elderflower, peppermint, yarrow, lime flowers and ginger, or we can sell you a combination of organic dried herbs for fevers. These can be made into a herbal tea to drink regularly through the day in order to keep the fluids up and help the fever break naturally.

Children should be dosed according to their age: 1-2 teaspoons every 3-4 hours for children under one year of age, 2-3 teaspoons every 3-4 hours for children 1-2 years of age, ¼ cup every 3-4 hours for children over 2 years of age. Adults can consume one cup every 3-4 hours.

Lemon compresses are also useful for fever support. For instructions on how to use these, look for our **Holistic Home Nursing Treatments for Children** publication in store (\$3).

New Zealand businesses we love: Artemis

Congratulations to Sandra Clair and the team at Artemis, who have just celebrated their 15th birthday!

We love the Artemis range of herbal teas and natural medicines. They are made in NZ from the best quality, organic and wildcrafted herbs, and are suitable for the whole family.

Sandra has a holistic approach to wellbeing and is committed to using certified organic raw materials that support our health and the health of our environment. She always sources the highest quality ingredients and her ethical and sustainable principles stand at the forefront of the business.

As well as the range of therapeutic herbal teas and natural medicines, Artemis has recently launched a new **Children's Day and Night Chest Relief**. Formulated without honey, it is suitable for all children from babies upwards. Check out their website and informative regular newsletter at www.artemis.co.nz.

Herb of the season: Echinacea

(*Echinacea angustifolia*, or *Echinacea purpurea*)

Echinacea is one of the most popular and widely researched herbs. It has anti-viral and immune-boosting properties and studies show that Echinacea root extract enhances immune function by increasing the natural killer cells. It is good as a preventative, by taking 3-5ml daily (adult dose) in the winter months, or change of season, and increasing the dose in acute situations. It can also be used long term without losing its overall immune enhancing effects and is safe for children.

It is important to purchase a preparation made from the root, rather than the flowering tops as the root contains the alkylamides, which are responsible for the immune-stimulating activity. This is why Echinacea gives a tingling sensation on the tongue - proof that the product is doing its job.



Instore specials (while stocks last)

Lifestream probiotics all 20% off

Weleda:

- Echinacea/thuja 30ml only \$14.50
- Echinacea/thuja 100ml only \$31.50
- Organic cough elixir 200ml only \$22.90
- Cold & flu pillules only \$15.40

Nutralife Ester C 120s
chewables only \$31.90

Kyolic Organic Garlic:

- (30) only \$18.50
- (100) only \$29.90

All Comvita Winter Wellness
range reduced

What is Fair Trade?

Fair Trade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world. It is an alternative model of international trade, which aims to share the benefits of trade more equitably between consumers, producers and the environment.

Fair Trade guarantees a better deal for producers in the developing world through:

- A fair and stable price for their product
- Long term trading relations and advance payments
- Investment in local community development
- Support in gaining knowledge and skills needed to operate in the global economy
- Environmentally sustainable farming methods

There is a natural synergy between Fair Trade and organics, which dates back to the so-called Green Revolution. This movement aimed to increase yields but led to a dependency on chemical pesticides and fertilisers, which farmers could not afford. Cycles of debt then forced whole families into bonded labour. Communities found that returning to traditional organic ways of farming helped break this destructive pattern and new organic methods improved the land.

Article courtesy of Commonsense Organics www.commonsenseorganics.co.nz

Seasonal recipe: One Pot Kale and Quinoa Pilaf

- 2 cups water
 - 1 cup quinoa (ideally soak for a few hours and then discard water)
 - 1 bunch kale, washed and chopped into 2cm lengths
 - 1 lemon, zested and juiced
 - 2 cloves of garlic and/or spring onions
 - 1tbsp extra virgin olive oil
 - 3 tbsp toasted pine nuts or walnuts
 - ¼ cup crumbled feta cheese
 - salt and pepper
1. Bring the water to the boil, then add the quinoa. Cover and simmer on a low heat for 10 minutes, then top with the kale and re-cover. Simmer for up to 5 minutes, then turn off the heat and allow to stand for 5 more minutes.
 2. While the quinoa is cooking, take a large serving bowl and combine half the lemon juice (reserving the other half), all of the lemon zest, garlic or onions, olive oil, pine nuts or walnuts and feta cheese.
 3. Check that the quinoa is tender but firm, and the kale tender and bright green. Fluff the pilaf, and tip it into the waiting bowl with the remaining ingredients. As the hot quinoa hits the onions and lemon it should smell lovely. Toss to combine, seasoning with salt and pepper, and the remaining lemon juice if needed. (Serves 2-4).

Some of our new products

- Organic fresh NZ ginger
- Spray free coconuts from Tonga
- Artemis Children's Chest Relief
- ViBeri Organic Frozen Blackcurrants

All articles written by Kaye Keats, with production assistance from Kura Rutherford. Banner photo by Rosa May Rutherford. References to all articles available instore.

Some Fair Trade products we sell

Look for Fair Trade labels on our products. We sell many Fair Trade items including:

- Coffee
- Tea
- Chocolate
- Hot chocolate
- Cocoa
- Herbs & spices
- Dried fruit
- Olive oil
- Jute bags
- Soaps
- Couscous
- Rice
- Sugar

Staff profile: Tina McOnie



Tina McOnie is our longest serving naturopath. She has worked at Cornucopia for seven years and is one of several naturopaths on the staff. Tina has a warm and friendly personality, and is always happy to talk with customers about their health enquiries.

She has a Diploma in Naturopathy, and is also qualified in reflexology, iridology, massage therapy and counselling.

Did you know...?

- Our efpas receipt rolls are BPA free. Look out for an article on bisphenol A and other hormone disruptors in our next issue.
- We always have a naturopath in store to help with your health enquiries.
- We support Fluoride Free Hastings and do not use Hastings fluoridated water in our shop.

Keep an eye out for our spring issue. All the best of health,
Kaye and Alan Keats and the team at Cornucopia.

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