



October Update

Welcome to the October edition of our newsletter. Our goal is to keep you up to date with what's happening, what new products and specials are available, and provide you with health and wellbeing tips for your family.

NZ Recycling Week

During October, we celebrated [NZ Recycling Week](#), an annual initiative to raise awareness around waste minimisation. At Cornucopia, we offer an extensive refill and bulk bin range, to help minimise waste, cost and promote a circular, low waste lifestyle and waste-free future for New Zealand.

Marcy Taylor was the lucky winner of our 10L Recycled Plastic Ecostore Bucket, which was filled with an extensive range of awesome ecostore products.



Recycling Tips

Recycling can be overwhelming. Does this container go in this bin, or that box? It can sometimes feel like your recycling efforts are a small drop in a very large ocean. But we believe in the power of small, everyday habits that build up over time to create real change, especially when we're all doing it together.

To celebrate NZ Recycling Week ecostore has compiled their top tips to take the mess out of recycling and to set you up for success.

Top 5 Recycling Tips from ecostore

1. Learn the rules and keep them at your fingertips

It's helpful that all councils now have the [same rules](#) when it comes to recycling, making it easier to follow what goes where. Your local council's website will have the information on what can and can't go in the curbside collections, so print it out and pop it on the fridge for a reminder.

2. Set up your own mini refuse station

Set up different containers for the different types of recycling somewhere in your house – it could be on the kitchen counter, in the laundry or in the garage. This makes it super easy for the whole whānau to know what goes where, and when it comes to emptying them into the big

bins or taking them to a recycling station – it's a breeze.

3. Keep your refill bottles together

If you intend to head to a refill station, like the ecostore Cornucopia refill station, keep your empty bottles, containers and jars with your reusable supermarket bags. This is a good way to make sure you don't forget them and end up buying new containers instead.

While you're at it, keep your soft plastics together too, and pop them into a collection point at participating stores like supermarkets.

4. Tap into the circular economy

There are several New Zealand brands that will take your empty bottles and containers back once you've finished with them, to give them a new life for another customer to enjoy. Ecostore's Plastic Return Program lets you return your empties so that we can turn them into new bottles for our products, again and again. You'll find drop off locations [here](#), including Cornucopia Organics.

5. Reuse what you can't recycle

If you're still not sure whether something can be recycled, or you realise something you've been putting in the recycling for years is a no-no, try reusing it instead. Have a think about what else something could function as? Many schools will accept bottle tops and empty boxes for arts and crafts projects. You could use empty 6 pack yogurt pottles to plant seedlings. Or reuse bubble wrap to protect the next gift you're sending in the post.



Supplier profile: Juniper Hill

We love supporting local organic suppliers. And are proud to stock Pure Angus organic beef from New Zealand's first Biogro Certified Organic on-farm micro-abattoir and butchery, Juniper Hill.

The cattle are bred, raised and processed on the farm in the Raukawa Valley, Hawkes Bay, through the on-farm micro abattoir and butchery. Every step, from the birth to the beef, takes place on the farm to guarantee provenance. All beef is dry aged on the bone to provide you with Certified Organic pure Angus beef that is naturally good for you, packed with nutrition, flavour and tenderness.

We are proud to be the exclusive retail stockists of Juniper Hill meat. Delivered on Monday's and flying out the door. Read more here: <https://www.juniperhill.co.nz/> and try this month's recipe next time you buy their beef.



October Recipe: Slow cooker brisket and onions

Perfect for potluck and dinner parties, not to mention a few evenings of weeknight suppers.

Ingredients:

- 1 tablespoon olive oil
- 2 large yellow or red onions, sliced into half moons
- 3 1/2 pounds beef brisket
- Kosher salt
- Freshly ground black pepper
- 6 cloves garlic, minced
- 2 cups low-sodium beef broth
- 2 tablespoons Worcestershire sauce
- 1 tablespoon soy sauce or tamari

Instructions:

Heat the oil in a large pan over medium heat, add the onions and cook on medium-heat, stirring frequently, until the onions have caramelised lightly, about 20 minutes. Meanwhile, sear the brisket.

Pat the brisket dry with paper towels. Season generously all over with salt and pepper. Heat a large skillet or sauté pan over medium-high heat and turn on your vent or fan, if you have one. Add the brisket and sear, flipping once, until a golden-brown crust forms. Transfer to a larger slow cooker fat side up. Sprinkle the minced garlic over the brisket.

When the onions are ready, pile them on top and around the meat. Mix the broth, Worcestershire sauce, and soy sauce or tamari together and pour into the slow cooker.

Cover and cook until the brisket is very tender, 6 to 8 hours on the LOW setting. Switch to the WARM setting and let rest for at least 20 minutes, or transfer to a baking dish and cover tightly with aluminum foil while resting.

The brisket can be sliced or shredded immediately and served with the onions

Did you know, we support zero waste with bulk bins and refill options:

- We have a wide refill range from ecostore, Pureblend and Orchard Organics including laundry detergents, household cleaning products, dish detergents, shampoo and conditioners, deodorants and much more.
- We have an extensive range of pantry staples in our bulk bins, everything from flour, oats, sugar, rice, pasta, legumes, nuts, seeds, dried fruit and much more.
- We have a refill station for Certified Organic Olive Oil, Sunflower Oil, Kanapu Hemp Seed Oil and Hemp Seed Flakes, Coral Tree Apple Cider Vinegar and more.
- You can return your ecostore containers to our ecostore refill station where they will be recycled or returned to be turned into new bottles, again and again.
- We sell a selected range of ecostore, Pureblend and other products in 5L containers so you can buy in bulk and refill at home.
- You can build your plastic free home from our zero waste bulk bins and refill options which help reduce cost and keep packaging waste to a minimum.

We are proudly certified Organic as a Store with Bio Gro New Zealand.

Some of our New Products

- *Organic Green Goddess Salad Dressing*, Mango+Chilli & Lemon flavours, **\$11.99**
- *Ceres Organics*, Grilled Red Peppers and Antipasto Italian Mix, **\$9.50**
- *Ecostore* handwash and body wash, **\$6.90** for 350ml and **\$12.90** for 900ml (extensive refill range of all ecostore, Pureblend and Orchard Organics refill products)
- *The Herb Farm* MenoSupport Cooling Mist, **\$39.90** and MenoSupport Night Cream, **\$49.90** (Formulated to support wellbeing during perimenopause, menopause and post-menopause in addition to the popular Wild Yam Cream)



Some of our Monthly Specials

(while stocks last)

- *Artemis*, selected products including sleep support for the whole family
- *Ceres Organics* Seaweed Snack Nori, **\$2.00**, great for kids lunch boxes
- *Ceres Organics* Chickpea crisps, **\$3.60**
- **Free Antipodes** gift with purchase, when you spend **\$49** or more (while stocks last)
- **Free Living Nature** Charcoal Clay Mask when you spend \$49 or more (while stocks last)



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