



Cornucopia Organics

Winter Newsletter

221E Heretaunga St, Hastings,
Hawke's Bay

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Welcome to our winter edition

The days are getting longer, but it feels there is still a bit of winter left, so stay warm and hopefully free from ills and chills and we hope you enjoy our end of winter newsletter.

Organic Super foods

As well as the locally grown New Zealand super foods that we sell and love, we also have an increasing range of exotic super foods, mostly from different parts of South America. We have been hesitant to get on board with these, as it is important to us to know that the companies we get these from operate from an ethical basis and the foods are sustainably harvested.

Loving Earth (www.lovingearth.com.au) and Life Foods (www.lifefoods.co.nz) are both dedicated to sourcing and manufacturing the highest quality organic, fairly traded and wild crafted functional foods available. They work with small communities and families to collect sustainable and ethical products. Here are a few that we are now selling:

Raw Cacao is made by cold pressing unroasted cocoa beans. It comes as a powder or nibs or butter and can be used through your cooking as well as eaten raw. It is very high in antioxidants as well as minerals especially magnesium and tastes delicious.

Camu Camu is another amazing berry from Peru. It contains bioflavonoids, amino acids, vitamin Bs (thiamin, niacin and riboflavin), plus it has sixty times more vitamin C than an orange.

Lúcuma is a large, carbohydrate-rich sweet fruit with a creamy citrus flavour from the highlands of Peru, Bolivia and Ecuador. It is very nutritious, rich in beta-carotene and niacin (vitamin B3), iron and calcium. The fruit is dried and ground to a powder.

Maqui Berry is yet another powerhouse berry and comes from the Patagonia region of Southern Chile. The deep purple berries have more than three times the antioxidants found in acai berries so you only need half as much as you would other berries. They have the highest ORAC score of any berry in the world.

Maca Powder grows at 4,000m above sea level in Peru and has been a medicinal food for over 2,000 years. The harvested root is loaded with protein, calcium, magnesium, potassium, iron and other minerals, vitamins and all the amino acids. Maca is an adaptogen, which supports and heals the adrenal glands and reduces stress.

Mesquite is from Central America, Mexico. The long pods are ground up into low-glycemic, gluten free flour with a sweet nutty taste, which bakes up just like wheat flour. You can even add a spoonful to smoothies for a sweeter flavour. It is rich in soluble fibres and a great source of calcium, magnesium, iron, zinc, potassium, manganese and lysine.

Coming up in store:

Healthy Kitchen Healthy Body

Carie Bolton is a Health & Fitness Coach. She will be here in store doing demos & tastings with some raw food recipes.

7th August, 11:30am – 2pm

Wright Wines tastings 8th August. 1-2pm Come and sample some of Geoff's beautiful wines

Try CoYo's delicious range of coconut yoghurts. 9th August, 9:30am – 12pm

Wheats Up tasting: 14th & 21st August 1pm – 3pm.

The Snap frozen Wheatgrass has been so popular in the Cornucopia store throughout the winter. Come and learn how it can offer a great spring detox support. One 30mL shot they say is equivalent to one kilo of leafy green veggies. Be sure to start your spring with great health.

IONZA alkaline water jugs demonstration with the Alka Jug and Alka Spring water purifiers.

19th August, 11am – 3pm.



Coconut kefir tasting with Anita from **The Kefir Company**.

5th September 9.30 am – 3pm

NZ Skincare: Antipodes

Antipodes' founder Elizabeth Barbalisch is deeply committed to running an environmentally responsible business, and educating people about the extraordinary benefits of certified organic and premium natural skincare. She wanted to create a scientifically validated organic beauty range using ingredients from fully sustainable sources. She also wanted beauty routines to be a ritual so she has called her products names like Hallelujia, Immortal and Aura to help us to reconnect to the daily ritual of caring for our skin. They all smell amazing too. Antipodes is strong on limiting human exposure to synthetic chemicals and limiting human effect on the environment, so it uses as many New Zealand grown ingredients as possible, and aspires to the lightest of carbon footprints. Antipodes always favours the use of raw ingredients that are cultivated sustainably on certified organic orchards. Products that are not certified organic are 98- 100% natural. www.antipodesnatures.co.nz

For the month of August there is 10% off all Antipodes products while stocks last .

Businesses we love: Bostock's Organic Chickens.



Hawke's Bay organic apple grower John Bostock's son, Ben, is now producing local organic chickens. Bostock's organic free range chickens are raised on an organic apple orchard in sunny Hawkes Bay and the hens thrive on a wholesome diet of organic green grass and the pulp from their juicy organic apples. They grow their own feed, including corn and barley, which ensures the chickens are consuming the best of what Hawke's Bay has to offer.

www.bostocksorganics.co.nz

New products in store:

Explore Asia's certified organic & gluten free mung bean fettuccine and adzuki bean spaghetti.

Bostock's organic chickens, grown and processed locally here in the Hawke's Bay.

Weleda's new marshmallow skin cream and lotion for problem skins.

Weleda's new organic Cough Elixir.

Spotlight on Arnica

Arnica (Arnica Montana) is traditionally sourced from the alpine regions of Europe, Southern Russia and Central Asia, but it is now being successfully grown in the pristine conditions of the Southern Alps in Central Otago. It has been used for centuries in herbal medicine and is a popular remedy for the relief of sprains, strains, swelling, bruising, and joint problems.

The amazing healing properties of this bright yellow daisy like flower have been credited to arnica's active ingredients, the sesquiterpene lactones. These substances influence many inflammatory pathways in the body to improve blood flow and reduce swelling and tissue damage in injuries, accidents and trauma.

Arnica can also relieve physical and emotional shock as well as speeding up recovery time from accidents, injuries and operations and can be taken orally prior to surgery or dental procedures to manage the emotional stress that can precede these situations. It can be taken in homeopathic drops or spray form, or as alcohol free pillules for babies and children. However, Arnica has also traditionally been taken internally as a fresh-plant tincture in a very low drop dose, but it is a very potent plant that could cause overstimulation of the heart if used at high doses, which is why it is now mainly used in homeopathic form.

Topically, arnica is applied as a cream, gel or a poultice. It works best in the first 24 – 48 hours after an accident or acute phase of inflammation and also in chronic complaints like arthritis. Applying arnica oil to muscles prior to training or exercise can help to avoid injury as the muscles are warmed and prepared for the extra activity. In external applications, a rash can very rarely occur if there is a sensitivity to the Asteracea family. This has led to the warning that arnica should not be used on broken skin, but it can be very beneficial on superficial open wounds and grazes when used on a short term basis.

Free travel size arnica cream with any Weleda purchase while stocks last.