

Welcome to our Spring newsletter. A new season is here—a fresh start, a time for growth, renewal, and stepping into what's next. Read on for our big news about the next chapter for Cornucopia Organics! With spring, comes spring allergies and ailments. So, our spring update is packed with health and well-being tips for you and your family, along with updates on our new products, specials and our latest skincare campaign winners.

Meet the New Owners

Cornucopia Organics is staying within the Keats family! Willow Keats, together with her husband Vegar Rognli, are now the proud owners and managers of Cornucopia Organics; Hastings original one stop organic shop.

They stepped in to manage Cornucopia Organics two years ago to support the

family through a very difficult crisis. It has not been an easy journey, but they are excited to continue to grow the next generation of the family business. They plan to maintain the key values that Cornucopia Organics was built on, organic, local and sustainable, while modernising, improving and further developing the business.



Opening Hours:
Monday – Friday:
8am – 5.30pm
Saturday:
8.30am – 3.30pm
Sunday: Closed



Dr. Hauschka Giveaway – Powered by Nature

At Dr Hauschka, skincare begins with nature. Dr Hauschka carefully unlocks the natural properties of each plant into effective skincare, capturing the powerful benefits of each plant property and making it available to the skin. Their latest product, Hydrating Serum Plus, is the perfect example of this philosophy: a serum powered by nature, rich in antioxidants that bring long lasting hydration to the skin. To celebrate the launch of this new

product, the spotlight is on Dr. Hauschka this month with an awesome instore and online giveaway, any Dr. Hauschka purchase puts you in the draw to win the instore giveaway (total value of \$310). Follow us on Facebook and Instagram to go in the draw to win the online giveaway (total value of \$310).



Natural Skincare Campaign

During 2026, we are running a Natural Skincare Campaign, profiling one natural skincare supplier each month with an awesome instore and online giveaway.

The goal of our campaign is to promote local, natural and sustainable brands that harness the power of plant-based and nutrient rich ingredients. These products are gentler on our skin, reduce irritation for sensitive skin and promote long term skin health as they are rich in antioxidants. By choosing quality natural products, we're caring for both our skin and the environment.

A big congratulations to the lucky winners so far and a big thank you to our suppliers for sponsoring our campaign: My Sunshine, Weleda, Living Nature, Lamav, The Herb Farm, Antipodes, Eco by Sonya, Natural Things, Dr. Hauschka, Everkind and more to come!



The 3-Step Spring Gut Reset

A successful spring gut reset starts on your plate. You do not need a dramatic juice cleanse or extreme elimination diet to help reset your gut. What your microbiome truly needs is variety and fibre. Spring is the perfect time to embrace both, because seasonal produce is abundant, colourful, and naturally rich in the plant-based compounds your gut bacteria love most.

1. Eat Prebiotic-Rich Foods

Prebiotics are the non-digestible fibres that feed your beneficial gut bacteria. Some of the best prebiotic foods to add to your spring plate include garlic, leeks, asparagus, onions and oats. Try to incorporate at least two or three of these into your daily meals.

2. Eat Fermented Foods

Fermented foods are nature's original probiotics, delivering live beneficial bacteria directly to your gut. Spring is the perfect time to bring these into your diet and even small daily servings can help renew beneficial bacteria in the gut, boost immune function and reduce the risk of infection. Try plain live yoghurt, kefir, miso, tempeh, kimchi, sauerkraut, sourdough bread and kombucha.

3. Eat the Rainbow

The more diverse your plant intake, the more diverse your microbiome becomes. Research consistently shows that people who eat 30 or more different plant foods per week have significantly more diverse and resilient gut microbiomes; herbs, spices, nuts, seeds, and legumes all count.

Try adding all these wonderful foods into your daily diet for a spring gut reset. To truly support your gut, it's important to reduce the things that disrupt your gut ecology such as refined sugar, ultra-processed snacks, excessive alcohol, and artificial sweeteners. Try our favourite spring recipe below that is easy to incorporate prebiotic-rich and fermented foods along with a rainbow of diverse vegetables.



Spring Poke Bowl

This recipe is all about using what's seasonal, fresh and abundant. Seasonal eating means better flavour, nutrition and lower food miles.

Poke Bowl Ingredients:

- 2 cups of organic quinoa
- 1 cup of salad mix
- 1 cup of broccoli and or cauliflower, roughly chopped
- 1/2 cup of cabbage, thinly sliced
- 2 avocados sliced
- 1/2 cup of radishes, thinly sliced
- 1/2 cup carrots, thinly sliced
- 1 bunch fresh coriander, roughly chopped
- 600g Tofu and/or salmon (alternatively, try egg, chicken, tempeh or chickpeas)
- 1/2 cup of kimchi to garnish
- Salt and pepper to taste

Poke Sauce Ingredients

- 1/4 cup of organic tamari or soy sauce
- 1 tablespoon of organic rice wine sauce
- 1 teaspoon of organic toasted sesame oil
- 1 teaspoon lime juice
- 1/2 teaspoon fresh ginger finely grated
- 2 small cloves garlic finely crushed

- 1 bunch of spring onions, finely chopped

Method: Assemble and serve:

- Rinse and cook quinoa according to package instructions. Set aside to cool.
- Whisk together all poke sauce ingredients, save half of the sauce to toss with the fish or tofu before frying.
- Prepare the vegetables on a plate so you can add as desired.
- To assemble, start with the quinoa as the base. Then add the salad mix and vegetables around your plate for an aesthetic presentation. Top with tofu/salmon and drizzle the sauce. Garnish with desired toppings, including kimchi, sesame seeds, Wrights sprouts and coriander.



You can follow us on  and  and by searching for us @cornucopiaorganics

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Some of our New Products

- **Odi Organic Noodles**, \$7.99 each
- **Odi Organic Yoghurt Drops**, \$4.99 each
- **Odi Organic Quinoa Puffs**, \$4.99 each
- **Dr. Hauschka Facial Serum**, \$99 each



Some of our Monthly Specials (while stocks last)

- **Niwashi Garden Scissors**, \$74.90 each (launch offer)
- **Weleda Skincare**, 10% off selected products
- **Ceres Organics Original Organic Seaweed Snack Pack 8 x 2g**, \$5.90 each



Some of our Everyday Specials:

- **Pasture Poultry Organic Free-Range Eggs**, 12pk, \$13.90
- **Green Kiwifruit**, \$4.90/kg
- **Ceres Organics Tomatoes**, 400g cans, \$2.50 each



Struggling with Spring Allergies?

We have a wide range of products to help support those spring allergies, from herbal tinctures to homeopathic remedies to nutritional supplements to fermented foods. Try our top 3 tips below this allergy season.

Top 3 tips this allergy season:

1. Nettle tea, which helps reduce the buildup of environmental histamines in the body (2-3 cups a day)
2. Vitamin C, which helps reduce the inflammation caused by histamines and boosts the immune system
3. Probiotics, which support good gut flora and improve immune function

Remember our friendly staff and qualified naturopaths are always on hand to support you and your family. They can advise you on the best products for your health, along with the best herbs and nutrients to support you and your family this allergy season.



Your One Stop Organic Shop