

Welcome to our seasonal newsletter. September marks the official start of spring in the Southern Hemisphere, with longer days and warmer weather. With spring, comes spring allergies and ailments. So, our spring update is packed with health and wellbeing tips for you and your family, along with updates on our new products, specials and our favourite sustainable suppliers. Let them inspire you this spring, the season of renewal and fresh beginnings!

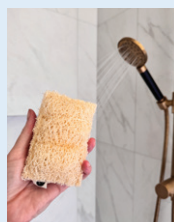
Good Change: Spring cleaning just got a glow-up

During September, the spotlight is on Good Change, our sustainable supplier of the month who support us on our mission to reduce waste.

Good Change is shaking up the cleaning aisle with products that actually work and look good on your bench. Founded in Tauranga in 2019 by Kristy Hunter and Stine Smith who shared a loathing of plastic and wanted to make a difference. They have swapped out neon cloths and throwaway bottles for compostable cloths, refillable glass bottles, and clever tablet concentrates. Their mission is simple: make life easier, homes look better, and the planet a little happier. We are giving away two of their Good Change "Fresh Start Cleaning Kits" (value \$134.00) during September. One to a lucky online winner (follow us on Facebook and Instagram) and one to a lucky instore winner (every Good Change purchase during September puts you in the draw to win).

3 unexpected uses for Good Change cleaning products

1. Eco Scrub – perfect for those bathroom glass doors or any glass prone to lime scale deposits. It gently scrubs the glass without leaving scratches. Tip! It comes in a 2-pack so use the second one for personal exfoliation in the shower.
2. Reusable Bamboo Wipes – everyone hates a soggy carrot! When cleaning your vegetable drawer, add a bamboo wipe to the bottom of the clean drawer and see your vegetables stay crisp and fresh for longer.
3. Bottle For Good – get your plants looking fresh and perky by using the glass Bottle For Good as a plant mister. Keep the sprayer well above the plant and let the mist gently fall onto the leaves.



Sustainability Spotlight

During 2025, we are running a Sustainability Campaign, profiling one sustainable supplier each month with an awesome instore and online giveaway that highlights how their products contribute to positive change. A big congratulations to the lucky Sustainability Spotlight winners so far and a big thank you to our favourite sustainable suppliers for sponsoring our campaign.

January: Nil: Leah Marshal

February: CaliWoods: Anneke Newing & Brittinie Thompson

March: Pure Blend: Emma King & Annika Funnel

April: Millstream Gardens: Alexa Pedersen & Cheriette Ede

May: Honeywrap: Krystie Miller & Kirsty Manera

June: Weleda: Katey Jewell & Kym Palleson

July: Rethink: Sherryn Borland & Diana Read

August: Ecostore: Jill Legg & Allison Ludlow

At Cornucopia, we believe in the power of small, everyday habits that build up over time to create real change. Small steps can create a big difference.



Boost and renew your gut health with fermented foods this spring

Fermentation is an ancient technique for preserving food to lengthen its shelf life and promote its beneficial qualities. During fermentation, bacteria, yeast or fungi convert sugars or starch into alcohol or acids. These act as natural preservatives and improve the taste and texture of fermented foods.

Fermentation is used in the production of many of the foods and drinks we love and there are many health benefits to eating fermented foods. They are easier for the body to digest, can help renew beneficial bacteria in the gut, boost immune function and can reduce the risk of infection.

3 health benefits of fermented foods

1. Improve digestive health

Fermented foods are rich in probiotics, which are beneficial live microorganisms, often bacteria or yeast, that help restore the balance of bacteria in your gut and support a healthy gut microbiome. This balance is crucial for proper digestion.

2. Boost immune system

A significant portion of the immune system resides in the gut, making a healthy gut microbiome essential for a strong immune response. As Hippocrates supposedly declared more than 2000

years ago, "all disease begins in the gut" so a healthy gut is crucial for our overall health and well-being.

3. Improve the availability of nutrients

The fermentation process breaks down compounds called anti-nutrients, which can interfere with nutrient absorption. This makes fermented foods easier to digest and increases the bio-availability of many key nutrients.

Pop in to check out our wide range of fermented foods from Kefir, Yoghurt, Tempeh, Kombucha, Miso, Kimchi, Sauerkraut and Sourdough breads. Remember our friendly staff and knowledgeable 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 spring.



Homemade Kombucha

Ingredients

- 2 organic green teabags (or 2 tsp loose leaf)
- 2 organic fruit teabags (or 2 tsp loose tea)
- Half a cup of organic sugar
- 1 medium scoby plus 100-200ml starter liquid
- 1.8 L of boiling water

Method

Step 1: Pour 1.8 litres boiled water into a saucepan, add the teabags and sugar, stir to dissolve the sugar and leave for 1-2 hours to infuse.

Step 2: Remove and discard the teabags without squeezing them. Leave the tea to cool completely before pouring into a large 2.5- to 3-litre glass jar. Add the scoby and its starter liquid.

Step 3: Cover the jar with a thin tea towel or muslin cloth so the scoby can 'breathe'.

Secure with an elastic band.

Step 4: Leave to ferment for one to two weeks at room temperature. The longer you leave it, the more acidic the flavour.

Step 5: When ready, pour the kombucha into bottles, making sure to reserve the scoby and 100-200ml of starter fluid for the next batch.

Step 6: For a 'secondary fermentation' you can add juice or flavours such as fruit, herbs and spices to the drawn-off liquid and leave it bottled overnight on the bench before refrigerating and drinking.

TIP! We love making our own kombucha and are happy to share a kombucha starter, so pop in to ask for advice or to order a FREE scoby from our friendly team.



Some of our New Products

- **Harker Herbals, Daily Dose Capsules**, from \$44.90 to \$49.90



- **LAMAV Certified Organic BB Creams** \$47.90



- **Ceres Organics, Premium Herbal Teas**, \$8.90



Some of our Monthly Specials

(while stocks last)

- **Manuka Biotic**, 20% off
- **Antipodes, Free gift with purchase when you spend \$49 or more** (while stocks last)
- **Harker Herbals, Artemis, Ethical Nutrients**, along with other key supplements

Did you know, we have everything you need to support those 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.
- We have an extensive selection of herbal teas, such as nettle tea, which helps reduce the buildup of environmental histamines in the body.
- We have raw apple cider vinegar which helps block the histamine response and reduces inflammation.
- We have a wide selection of raw local honey, the bee pollen in honey can help to desensitize the body to the pollens in the air.
- We have a wide selection of Vitamin C, which can help reduce the inflammation caused by histamines.
- We have a wide selection of probiotics which support good gut flora and improve immune function.
- Pop in to chat with our friendly staff and qualified naturopaths to see how we can support your and your family through the allergy season.



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

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