

# Autumn Newsletter, 2025

Welcome to our seasonal newsletter. Autumn is officially here, with cool crisp mornings and darker days. Although autumn can be enchanting, with golden colours and falling leaves, it's tough saying goodbye to summer, both on our body and spirit. Therefore, our autumn update is packed with health and wellbeing tips for you and your family along with updates on our new products, specials and favourite sustainable suppliers.

## Happy Easter



Easter is just around the corner, and we can't wait to indulge in delicious hot cross buns, easter chocolate and even set the scene with the beautiful Hohepa easter candles. We have a delicious range of organic fairtrade easter chocolate made from some lovely local NZ chocolate companies that support the fairtrade movement, are ethical, sustainable and use ecofriendly packaging.

## Extended opening hours

Monday to Friday:..... 8.00am – 6.00pm  
 Saturday:..... 8.30am – 3.30pm  
 Sunday:..... Closed

## Congratulations to our sustainability spotlight hamper winners

During 2025 we will be profiling one sustainable supplier each month, with an amazing giveaway that highlights how their products contribute to positive change. A big congratulations to the lucky winners so far.

**January: Nil:** Leah Marshal

**February: CaliWoods:** Anneke Newing (instore winner) Brittinie Thompson (online winner)

**March: Pure Blend:** Emma King (instore winner) Annika Funnel (online winner)

Pop in to check out our range of products from these local sustainable suppliers. We also offer a Pure Blend refill station, with an awesome range of refill options, from hair and body care to deodorant, to home and cleaning to pet care products.



## Sustainability spotlight for a better world in 2025

At Cornucopia, we love supporting local sustainable companies and believe in the power of small, everyday habits that build up over time to create real change. Therefore, we will be profiling a new supplier each month throughout 2025. During January, the spotlight was on Nil with an awesome giveaway promoting their Nil harm, Nil waste range. During February, the spotlight was on CaliWoods, a NZ owned and woman-led company on a mission to help stop plastic pollution. During March, the spotlight was on Pure Blend, a local

company producing natural and organic home and body care products with an awesome refill range that helps prevent plastic pollution at its source. During April, the spotlight is on Millstream Gardens, a local company that has been making natural herbal ointments and skincare products here in Hawkes Bay for over 40 years.

We love supporting local sustainable suppliers and believe that small steps together can create real change. Let's step into 2025 making positive changes together!



## 3 reasons you should refill:

By 2050, plastic will outweigh fish in our oceans and we are all contributing to this massive plastic problem by throwing away more plastic than we recycle.

- 1 Prevent plastic pollution at the source. Refill instead of buying new.
- 2 Protect the environment. Plastic pollution is having a catastrophic impact on our environment. One million seabirds are killed by plastic pollution annually.
- 3 Save money. Refilling is an easy way to save money, refill prices are always much lower.



## Supplier Profile: Pure Blend

Meet Kelly Willoughby, the founder and producer of Pure Blend, organic and natural body and home care products. By keeping the packaging simple, Kelly was able to achieve her dream of making a natural and organic range of body and home care products that are both high quality and affordable. Kelly started making her own products more than 40 years ago. She studied natural healthcare and herbs, read every relevant library



book, grew all her own herbs and made products from her garage for the entire family.

When she moved to Hawkes Bay more than 25 years ago, she was so busy making and selling her own products that she eventually opened her own shop. Kelly has now expanded into an even bigger factory in Hastings and is supported by a talented team that includes Louise, Joanna, Lucie, her son Regan and his partner April.

We are proud to stock the 100% natural and organic products from Pure Blend. We have just expanded our range of Pure Blend products, most of which we also offer as part of our extensive Pure Blend refill range.



## Some of our New Products

- **MiaBelle:** Magnesium Oil Body Butter, 150ml, \$27.00 and Bath Bombs, 120grams \$9.00
- **Sausages by Design:** Nitrate free gourmet bacon & sandwich meat
- **Organic Farm Butchery:** Organic beef tallow 440g, \$21.90 and beef broth
- **Seasons Gourmet:** New range of hummus and dips
- **Hohepa candles:** Selection of sizes and colours



## Some of our Monthly Specials

(while stocks last)

- **Nature Baby** Organic Baby Clothes, 10% off
- **Inika Organic** makeup, 20% off
- **Ceres treats,** Enjoy 20% off a selected range



## 5 tips to fall into Autumn, without falling sick

As daylight saving ends, it's time to change our health and wellness routine. Here are our 5 top tips to keep our immune systems well boosted naturally and stay healthy through the transitioning seasons.

**1 Eat seasonal.** Seasonal produce contains more vitamins, nutrients and antioxidants as they are grown in the best soil conditions at the right temperature. Figs and feijoas are two of our autumn favourites as both are rich in vitamin C and fibre. Apples, pears and kiwifruit are also in season as are kumara, pumpkins, broccoli and cabbages.

**2 Eat the rainbow.** Eating more fruit and vegetables is always a good idea, but eating a variety is key to increasing your intake of different nutrients. By getting a variety of colour in your diet, you're giving your body an array of vitamins and minerals to benefit your health.



**3 Eat fermented foods.** The probiotics in fermented foods have great immune boosting properties and can also help boost the number of beneficial bacteria in your gut. Try Kefir, Tempeh, Kombucha, Miso, Kimchi, Sauerkraut, sourdough breads and acidophilus yogurts.

**4 Eat food with antiviral properties.** Herbs have been used as natural remedies since ancient times. Many

herbs, such as basil, sage, echinacea, lemon balm, elderberry, oregano, garlic, ginger and turmeric, have powerful antiviral effects against numerous viruses that cause infections in humans.

**5 Nutritional supplements & vitamins for immunity:** Many studies have shown that supplementing with adequate levels of Vitamin D through the cold and flu season significantly lowered rates of infection. Vitamin C is a powerful antioxidant which also assists our body to ward off and fight infection. Fish oils are also essential for our health, they are rich in omega-3 essential fatty acids which have a host of immune benefits. If you don't eat a lot of oily fish, consider a fish oil supplement to ensure you get enough omega-3 fatty acids. Alternatively try adding fish oil, flax seed oil and hemp seed oils to your diet.

Pop in and chat with our naturopaths about how we can support you and your family stay healthy through the changing seasons. Our qualified naturopaths are always on hand to support you.



## Turbo Tonics Immunity Boost

Simply add water to this delicious turmeric, ginger and lime concentrate. Enjoy hot or cold and spice up with fresh lemon, herbs or spices of your choice.



## We have everything you need this Easter

- A wide selection of hot cross buns including gluten free, dairy free, sourdough and paleo
- We have a lovely range of organic fairtrade easter chocolate from She Universe, Be Happy, Bennetto and Sweet Williams that include dairy free, gluten free, nut free and vegan alternatives
- We have beautiful Hohepa candles, including easter egg candles
- We have a lovely selection of Ceres treats, Enjoy 20% off a range of sweet treats as part of your Easter shopping



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

221 Heretaunga St East, Hastings

P (06) 876 6248 | E [cornucopiaorganics@gmail.com](mailto:cornucopiaorganics@gmail.com)

[www.cornucopiaorganics.co.nz](http://www.cornucopiaorganics.co.nz)

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