

Welcome to the Autumn edition of our newsletter. The weather definitely feels quite Autumnal especially with the clocks going back and the evenings drawing in. This change of season can often bring sniffles and colds so we have some advice and top foods to support your immune system and stay well. Plus some information on Autumn seed saving to encourage you to save those seeds!

## Immune System 101!

Your immune system is your body's network of organs, tissues, and cells that work together to keep you healthy by fighting off harmful bacteria, viruses, parasites, and fungi. It acts as a barrier between your body and the things that can make you sick. Mucous membranes are found in places like your nose, eyes, and mouth and use white blood cells to fight infections before they can get inside you. And then there are T-cells and B-cells, which work together to create antibodies that fight off invaders and then destroy infected cells throughout your body. Your bone marrow and spleen also play key roles, making white blood cells that fight infections and your lymphatic system transports lymphatic fluid throughout your body. Altogether, your immune system functions as an amazing team, working to keep you healthy, safe, and well.

### How Does Food Affect Your Immune System?

The food we eat is one of the most powerful tools we have to help prevent disease. Your immune system protects your body by defending it against viruses and bacteria which can cause inflammation in the body, resulting in illness and disease. It's difficult to overstate how important nutrition is in promoting a healthy immune system. It can become compromised by dietary, environmental, stress and lifestyle factors, but a healthy body begins with a healthy immune system, so making healthy food choices using local organic food as much as possible is the best way to stay well and healthy. Sit in the sun early in the day to get your Vitamin D which is so important for immunity.

With thanks to the Food revolution Network. [www.foodrevolution.org](http://www.foodrevolution.org)

### New Products

- *Seleno Health*, Ceremonial Cacao Paste, Cacao Butter drops
- *Sonnet* dish liquid \$9.50 lt & Laundry Liquid \$21.90 per 2 lt
- *Koaka* NZ hemp skin care range. Rescue balm, Body cream & Night serum \$32.90, lip balm \$10.90

### In store Specials (while stocks last)

- *Artemis Virogone* 100ml \$26.90, 200ml \$35.90
- *Kiwiherb* Throat Spray 50mls \$17.70
- *Harker* immune formulas on permanent special. childrens 100ml \$22.90 & adults 250ml \$27.90
- *Source Naturals* Vit D 100 tabs \$23.90
- *Source Naturals* Wellness Formula 45 tablets \$26.90

**Plus More Specials in store**

# Foods That Boost Your Immune System

**Vitamin C:** guava, papaya, strawberries, kiwi, cantaloupe, orange, and grapefruit

**Vitamin E:** seeds, healthy vegetable oils, and grains

**Carotenoids:** carrots, sweet potatoes, spinach, kale, collard greens, and tomatoes

**Bioflavonoids:** berries, cherries, grapes, and true fruit juices, true teas (not herbal teas), grains, celery, parsley, grapefruit, oranges, apple skin, onions, endive, radishes, tomatoes, leeks, broccoli, and red wine

**Zinc:** oysters, crab, beef, turkey (dark meat), and beans

**Garlic:** recipes found in most cookbooks

**Selenium:** tuna, red snapper, lobster, shrimp, whole grains, brown rice, egg yolks, cottage cheese, chicken (white meat), sunflower seeds, garlic, Brazil nuts, and lamb chops

**Omega-3 Fatty Acids:** flax oil and fatty fish (such as salmon, tuna, and sardines)

## Feijoa Breakfast Smoothie.

April is feijoa time here in Hawke's Bay and most of us have a tree or know of someone with feijoas to give away. If not, at Cornucopia we have organic feijoas coming out of our ears at only \$2.90 & \$3.90 per kilo.

Feijoas are originally from South America and known as pineapple guavas, but they have become a quintessential slice of Aotearoa in the Autumn months!

- Feijoas are a very rich source of soluble dietary fibre which makes it a good bulk laxative. as well as binding to cancer-causing chemicals in the colon.
- They are also an excellent source of vitamin-C & antioxidants which boosts the immune system and protects against viral illnesses.
- They contain small amounts of B-complex vitamins vitamin E and K, as well as minerals like calcium, magnesium, copper, and manganese.

There are so many recipes for feijoas and we all have our favourites, but here is a great immune boosting breakfast smoothie recipe which packs a nutritional punch! Blended with nuts and seeds for a hearty dose of protein and omega-3 fatty acids. Feel free to adjust and enjoy!

### Green Feijoa Breakfast Smoothie

*Dairy Free, Vegan, Gluten Free*

#### Ingredients:

- 2-4 large feijoas, flesh only
- 1 apple
- 1 banana optional
- 1 handful of spinach or kale
- 2 tbs cashew nuts or almonds (preferably soaked the night before)
- 2 tbs chia seeds
- 1 -2 tbsp hemp hearts
- 1/2 tsp cinnamon
- 1 cup of liquid (either water, your favourite milk or coconut water)
- 1 cup of ice

#### Method:

1. Place all ingredients into a blender and blend till smooth.
2. Pour into two glasses and enjoy!



## Autumn Seed Saving

Seed Saving used to be one of the most important jobs there was – our ancestors survived because they saved the seeds that could be depended on to nourish people. At Koanga Institute, Kay Baxter and her family have been on a journey for 30 plus years learning and teaching others to save our seeds so they will always be there for us and for future generations. Their large collection of New Zealand Heritage seeds have been carefully selected for our climate here in Aotearoa and have been grown intensively to be as nutrient dense as possible.

We are the ancestors of the next generations, so it is up to us as well. If you have a garden, this is the time of year to be saving your seeds, so if you want more information on how to save and store your seeds, go to [www.koangainstitute.co.nz](http://www.koangainstitute.co.nz). or to Seta's Seeds too, [www.sethaseeds.co.nz](http://www.sethaseeds.co.nz). They both run workshops and courses on seed saving and we sell their seeds at Cornucopia. We encourage you to only plant open pollinated seeds that you will be able to save the seeds from, It is so satisfying to save your own seeds and to exchange seeds with others too.

### Did you know?

- If there is a product we do not have in stock we will try our best to get it for you.
- A naturopath and Herbalist is in store every day to support you and your family's health.
- The cellulose and paper bags we use for packaging are all completely home compostable. Do bring them back if you are unable to compost them and we will compost them for you.
- We will also compost the Bostock Chicken, Organic Butchery, Ceres, Chantal and any other compostable packaging if you cannot compost them yourself.
- We are a drop off point for Eco store's recycling programme. So bring in any of their unwanted containers and we will send them back to Eco Store. There is a box in the refill area.
- We have return/ recycling boxes for empty Millstream Gardens jars, empty toothpaste containers and used, clean toothbrushes.

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



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Your One Stop Organic Shop