



March 2022

## Welcome to the March edition of our monthly newsletter and the first one for 2022!

Most of us are Covid weary and wary at the moment and know someone in our family or community with the virus. Over the last two years since Covid arrived, our newsletters have focused on building immunity, supporting stress and emotional well being, gut health and foods and nutritional supplements and herbs.

With the continued stress of the last 2 years, we wanted to put a focus on Adaptogenic herbs which support immunity and our stress response! Here are tips for keeping ourselves well in body and spirit during these beautiful Autumn months.

### Adaptogens for physical and emotional well being

An adaptogen is a herb that has been found to increase resistance to stress and improve resilience. They work by regulating balance in the hypothalamic, pituitary, and adrenal glands and modulating the body's stress responses, promoting healthy immune function and supporting energy and vitality.

Adaptogens have been used for centuries in Ayurvedic and Chinese medicine traditions, but what differentiates them from other herbs is that they work in a non-specific way, helping to bring the body back into balance and supporting our fight or flight mechanism and inhibiting stress-induced cortisol production.

Adaptogens are not a one-size-fits-all group of herbs, some adaptogens (such as Asian Ginseng, Rhodiola, and Siberian Ginseng) stimulate the body, enhancing mental performance, and physical stamina. Others, (such as Ashwagandha, Astragalus, and Holy Basil) can help calm the body and sooth the adrenals for a relaxing effect.

**Examples of common adaptogens and the action they are said to produce in the body include:**

- Asian Ginseng (*Panax ginseng*) has energy boosting & tonic properties, is anti-cancer, anti-inflammatory, and balances blood sugars.
- Astragalus membranaceus helps balance immunity, increases white blood cell count, reduces stress and ageing
- Ashwagandha (*Withania somnifera*) is a general tonic & rejuvenator, supporting stress, relaxation and insomnia .
- Siberian ginseng (*Eleutherococcus senticosus*) can increase energy levels, balance immunity and help overcome exhaustion.
- Holy basil (*Tulsi leaf*) promotes relaxation, relieves stress, anxiety and depression, balances blood sugars
- Rhodiola rosea supports anxiety, fatigue, depression and exhaustion.
- Schisandra chinensis supports liver detoxification, respiratory problems, boosting memory, energy levels, and blood flow.

### New Products

- *The Kefir Company*, sparkling kefir water 300ml and 500ml
- *Wild delicious*, kefir waters and sauerkrauts
- *Harvest to Hand*, hemp soaps

### Monthly Specials (while stocks last)

- *Green Trading Ashwagandha powder* only \$22.90.
- *Go Healthy Vitamin D One a Day Plus* with Vitamin C & zinc only \$21.50.
- *All other Go Healthy, Harkers and Good Health Products on permanent special!*
- *All Weleda Baby products on special*, Plus many more specials in store too!

## — Benefits of — Adaptogens



- Maca root improves mood, sleep, balances hormones, increases energy and adrenal function.
- Licorice root helps increase energy and endurance, boosts immune function, nourishes adrenal glands and promotes healthy cortisol levels.
- Bacopa Monnieri (Brahmi) protects the brain and improves memory and other aspects of cognitive function
- Cordyceps is a type of mushroom that supports stress and helps balance hormones, healthy cortisol levels and oxidative stress. Reishi, Shitake, Lions mane and Maitake mushrooms may not be adaptogens in the classic sense, but each has adaptogenic, anti-tumor and immune-enhancing properties.

Adaptogen herbs can contribute to overall well-being, making them a particularly welcome addition given the stresses we have collectively faced since 2020! We sell adaptogen herbs in liquid extracts, capsules, tablets and teas, so talk to our Naturopaths and Herbalists about how they may be able to support you.



## Preserving the Harvest

There is a lot of talk these days about food security and how to ensure a continued supply of the foods we eat especially in these unsettled times. Autumn is a wonderful time of abundance in the veggie garden and a great time to gather all that organic summer produce and preserve it for winter. Food is also cheaper to buy at this time of year too and we have such an abundance of local produce which is not subject to inflated supermarket prices and supports our local growers too. There are many ways of preserving food and lots of recipes that can get you started so why not give it a go if you haven't already. It is so satisfying to have a cupboard full of preserves to last you through the winter and to give away too.

### Pickling and traditional bottling

Fruit bottling is where the fruit is stoned/pitted, sometimes skinned and then cooked and stored in a glass jar to extend its storage life.

Pickling is where edible items are preserved in a jar with brine or vinegar to extend their storage life. This includes onions, olives and gherkins.

Preserves in jars can be jams, chutneys or other spreads. You can find preserving jars in 2nd hand shops or just use ordinary jars with metal lids. Keep hold of glass bottles & jars instead of putting them into the recycling or buying new ones

**Freezing:** Technically you can freeze anything, though some are easier than others.

Berries, such as raspberries, gooseberries, blueberries and strawberries (halved), can just be frozen straight after being picked – stored in a snaplock bag. Fruit, including peaches, pears, apples, and plums, are better cut up into quarters or small chunks, discarding the seeds and stones, so it's easier to use them in baking later. Nuts are also good frozen, such as almonds, walnuts and sunflowers – and take them out as you need them. Herbs such as basil are great frozen for use in cooking through the winter. Watery plants such as zucchinis and potatoes are best preserved rather than frozen.

**Drying:** There are many different ways that you can dry food. Sun drying is a traditional form, but not always so reliable. A Dehydrator will dry herbs, veggies and fruit for healthy snacks and herbal teas. You can also use an oven on low heat too.

To hang dry herbs, tie sprigs into small bunches with string upside down in a hot part of the house or warm garage until the leaves are crispy and dry. Put them in a sealed container to keep out the moisture. They can be added to soups or stir-fries through the winter months.

It is so satisfying to preserve the bounty of summer, it saves you money and contributes to food security for you and your family too.



## Ashwagandha Sleep Tonic

In Ayurvedic Indian tradition, Ashwaganda is classed as a rejuvenator, used to restore health and wellbeing and promote longevity. In this recipe, ashwaganda powder is added to milk and honey and sipped as a sleep inducing beverage. Consumed a few hours before bedtime, it can replenish the nervous system, settle the mind and help promote deep sleep.

### Ingredients

- 1 cup milk of your choice (dairy, almond, oat or any plant based)
- 1 Medjool date, or a teaspoon of raw Manuka honey
- ¼ — ½ teaspoon cinnamon powder
- 2 pinches of nutmeg powder
- 2 pinches of clove powder
- Pinch of cardamon powder
- Pinch of fine sea salt
- ½ vanilla bean or paste.
- ½ -1 teaspoon ashwagandha root powder.
- Add all ingredients in a blender and whiz till smooth and creamy. Transfer to a pot and heat gently.
- To serve, add a sprinkle of cinnamon powder and some rose petals.

## Did you know?

We are an Essential Business and have been able to stay open through this whole pandemic to serve our customers. If you are unable to do your own shopping, we are happy to pack it for you for pick up. You can email us at [orders.cornucopia@gmail.com](mailto:orders.cornucopia@gmail.com)

- 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.
- Bring back your empty plant pots too as our growers will re use them.
- 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 recycling boxes too for empty Millstream Gardens jars, empty toothpaste containers, used clean toothbrushes, Ultrella deodorant pouches, Caliwoods razor blades and all Waiheke Herbs jars.

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

The yellow special stickers on products mean that the item is at a special discounted price either because we are doing a deal on it or the company has a promotion on the product, so look out for those yellow stickers !!!



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