



Welcome to the Spring edition of our regular newsletter, although unfortunately it hasn't been so regular this year! After a very wet winter, Spring has now arrived, and it is a perfect time to be out in the garden and to start to grow your own healthy organic food. It is also allergy time outside too so we give you some tips on reducing susceptibility to seasonal allergies!

With the rising price of food it makes sense to have your own patch or community garden and as there is a lot of talk about food security these days, planting and saving seeds is a great place to start!

Growing plants from seeds is so satisfying and a great activity for children too. There's usually a much wider range of varieties available when purchasing seeds instead of seedlings that come in a six pack, and you can save your own seeds each season if you use open pollinated seeds. Open pollinated seeds result from the natural pollination of the parent plant from bees, wind, birds etc and are best for home gardeners. They taste better and are cheaper to buy than Hybrid (F1) seeds which are bred for higher yields and disease resistance. By favouring OP seeds/ plants you help preserve the genetic biodiversity of our garden plants.

Many gardeners use moon calendars for the right time to sow their seeds and most indigenous cultures use the cosmic forces to help their plants grow which can have a profound effect on germination and the growth of the plants.

Seed Sowing Tips from Kings Seeds.

- The key to success when sowing seeds is to start them indoors from mid August. When the soil and air temperatures warm up in spring you can then plant your seedlings out into the garden.
- Sow more cold hardy varieties in trays: cabbage, kale, cauliflower, celery, leeks, silverbeet, spinach and lettuce as well as mesclun, rocket and mizuna.
- Things that can be sown directly into the garden in spring are onions, spring onions, carrots, radish, silverbeet, spinach, lettuce, parsnip and peas. Always check the seed packet for individual instructions.
- Heat loving crops will need to be started indoors in seed trays or containers for planting out when temperatures start to warm and the risk of frost has passed. Cover the container in bubble wrap or similar and place in the hot water cupboard. This is your very own hot house and a tried and true way to get heat loving seeds germinating! These include capsicum, chilli, tomatoes, courgette, cucumber, eggplant, pumpkin, watermelon and rockmelon.



Always use a good quality organic seed raising mix. Seed raising mix helps the germination process so it is important to use a fresh batch of a good brand. We sell Dalton's organic seed raising mix.

Never sow seeds too deeply. A general rule is to leave very fine seed uncovered, pressing firmly into the surface only. Fine seed should be just covered and larger seed should be sown no deeper than twice its diameter.

Maintain even moisture levels during germination. Seeds that have been allowed to dry out or that have become waterlogged are not going to do that well! Try to keep a good moisture balance with your seed as this will maximise the chances of successful germination and avoid disease problems.

Watch out for low light levels and low night temperatures. Sow seeds in a covered tray and place in an area where they will get a decent amount of sunlight and warmth and protection from cold night temperatures. For example under the eaves of your house or in a greenhouse if you have one.

Harden seedlings off before planting into the garden. This means gradually exposing them to outdoor conditions by moving them to a warm, sheltered spot outdoors for a few days before transplanting into the earth.

Seed Storage Tip: Always store your seeds in an airtight container in a cool (not cold), dark and dry place to promote shelf life. To ensure that it will germinate, you need to make sure that you store the seed well. If done correctly some seed can last for years.

New Products

- *Ocean & Green* Hemp and Seaweed Capsules \$39.90 for 60 caps
- *Autophagy* Skincare Hydrating moisturiser \$39.90.
- *McPhee* Organic Spelt bread (Tuesday delivery) \$10.90
- *Norish* Baby puree powder sachets \$4.50
- *Weleda* Shower Bars \$8.90 each



Monthly Specials

(while stocks last)

- *Artemis* herbal teas and immune elixirs 20% off.
- Weleda Baby products all on Special

Go Healthy, Harkers, Good Health, Organic India and other supplements at permanently discounted prices. Look for the yellow price stickers.

SPECIAL
\$33.90

Tips to minimise Seasonal Allergies

When your immune system overreacts to a substance that's typically not harmful — such as pollen, animal dander, or dust — you have an allergic reaction. During this allergic reaction, your body releases histamines to fight off the allergens. The release of histamines causes the physical symptoms often associated with allergies, such as itchy and watery eyes, runny nose, sore throat and headaches. So if you suffer from seasonal allergies, here are a few tips for keeping those allergic reactions under control.

- **Nettle Tea**, drink two-plus cups daily before allergy season begins & then during. Nettles contain histamine in a weak form which helps reduce the build up of environmental histamines in the body.
- **Raw apple cider vinegar**, 1 tsp in warm water before meals. It is anti-inflammatory and a fermented probiotic drink, supporting gut health too.
- **Raw local Honey** The bee pollen in honey can help to desensitise the body to the pollens in the air and help to build up a resistance to environmental allergens.
- **Echinacea and/or Astragalus** are herbs that balance the immune system, and can be combined with other herbs such as Elderflower, Albizzia, Baical skullcap and Nettle.
- **Homeopathic remedies** such as Allium cepa, Euphrasia, Sabadilla or Histamine may be helpful but it is best to consult with a Homeopath for more indepth homeopathic support.
- **The combination of Vitamin C and bioflavonoids** help reduce inflammation caused by histamines. The recommended daily dose is 3- 4000mg in divided doses through the day.
- **Quercitin** is one of the best natural antihistamines, it is a powerful antioxidant and bioflavanoid supporting immunity (2-4 500mg capsules a day).
- **Vitamin A and Zinc** are integral nutrients to help stabilise mucous membranes, reducing mucous production and irritation.
- **B vitamins** help strengthen adrenal function and also reduce stress. Stress can exacerbate allergic reactions and reduce immunity.
- **Turmeric** with its active ingredient Curcumin can help prevent the release of histamine from mast cells.
- **Omega-3 fatty acids** may assist by dampening down the production of inflammation in the body. Good sources of omega-3 fatty acids are oily fish, such as sardines or salmon and walnuts, flaxseed, chia seeds and hemp seed oil.
- **Probiotics** will support good gut flora and improve immune function. Eat fermented foods and add garlic, onions, sour dough breads and acidophilus yoghurts.
- **Avoid** or reduce wheat/gluten, sugar and dairy products as they can increase inflammation in the body and exacerbate the allergic response.

Do pop in and chat to one of our Naturopaths for any further immune system support as we have some excellent supplements and herbs that can be really helpful.

Did you know?

- We have organic seeds from Kings Seeds, Koanga Institute, Setha's Seeds and Eco seeds.
- We have organic seedlings from "We Sow you Grow" and " Kahikatea Farm."
- We have Dalton's Organic seed raising mix, compost, potting mix and fertiliser & Biorich Compost.
- Not forgetting Niwashi garden tools and other gardening necessities.
- Bring back your empty plant pots too as our growers will re use them.
- 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 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 recycling boxes too for empty Millstream Gardens jars, empty toothpaste containers, used clean toothbrushes, Munch Cupboard Silicone, Caliwoods razor blades and all Waiheke Herbs jars.

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

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

221 Heretaunga St East, Hastings

P (06) 876 6248 | E cornucopiaorganics@gmail.com

www.cornucopiaorganics.co.nz



Spring Detox Smoothie

A healthy smoothie to help you feel great this spring and minimise seasonal allergies. Place the following ingredients in a blender and puree / blend until smooth. Enjoy daily!

- 1 cup nettle tea chilled
- 1 cup fresh coriander or parsley
- 1 cup organic baby kale or spinach
- 1 cup pineapple juice &/or whole lemon or lime.
- 1 tablespoon fresh ginger
- 1 tablespoon fresh turmeric
- 1/2 avocado or 1 tbsp hemp seeds (this makes it creamy)



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