



*Small steps
Big difference*

Winter 2023

Welcome to our newsletter, which unfortunately isn't so regular these days! It seems to be becoming a seasonal newsletter and here is our Winter one, full of seasonal information on colds and flu's, plastic free July and other interesting info! The passing of the Winter Solstice marks the rising of Matariki in the sky which is the beginning of the Maori New Year. Traditionally it is a time of transition, reflection and celebration, it is also a good time for us all to have gratitude and reflect on our own journeys, remember and honour those who have passed and to celebrate together with family and friends.



Plastic Free July.

Plastic Free July is an annual global event to encourage individuals to reduce and refuse the single use plastic we use in our everyday lives. It started in Western Australia 13 years ago, and the award-winning Plastic Free July campaign is now a global movement and one of the most influential environmental campaigns in the world.

Plastic Free July can help you to find great alternatives that can become new habits forever and the collective

difference we can make is huge. We are pleased the government has also brought in new regulations to cut down and eliminate single use plastics – and we are constantly aware of what else we at Cornucopia can do to increase reusable packaging and containers and reduce waste and our carbon footprint.

Shopping waste free at Cornucopia

Most of our customers bring their own shopping bags and some even bring their containers to refill from the Bulk bins and Refill area. Here is a bit of a guide to help you wherever you do your bulk and waste free shopping.

Shopping from bulk bins is a great way to reduce the amount of packaging you take home. You can shop for all sorts of pantry staples from bulk bins and refill containers at Cornucopia, including flours, cereals, nuts and seeds, pasta, dried fruit and grains, as well as food items such as oils, honey, tamari, cider vinegar and more.

- We have a refill area for eco friendly household cleaners, kitchen, bathroom and personal care products. Bring your own containers or use our clean recycled bottles and jars or paper or cellulose bags.
- Organic Cotton Produce bags are great for your fruit and vegetables and other bulk bin items which can be washed and reused. Check out the range we have in store.
- Bring your own jars and containers and we will weigh them at the counter empty and deduct the price of the container before you fill it up. We write the weight on, so they can be refilled easily each time you need to top up.

If you forget your bags, ask us for a box or a paper bag. But unless you can reuse the paper bags many times, they are still a single-use item and while they can be recycled or composted, REFUSE is still better than REUSE!

New Products

- *We Love Organics*, organic toothpaste in jars and tubes.



- *Ecostore* Tooth tablets. \$12.50
- *Hapi* chilled products and breads, now stocked in our chiller and delivered weekly!
- *Matariki Celebration tarts*, \$16.90 pkt of 6.
- *Kiwiherb Immune* drops for babies and children, \$25.00.
- *Oku*, Kawakawa soap for troubled skin and all round cleansing. \$12.50
- *Oku* teas, Circulate and Relax in loose and teabags.

Winter Specials

(while stocks last)

- *Lifestream*, Natural Vitamin C, FREE with any Lifestream product!
- *Artemis*, all products 25% off
- *Lifestream* FREE digestive enzymes with selected Lifestream products.
- *Harker Herbs* Immune elixirs, Adults \$30.90 & Childrens \$24.50.
- *Kiwiherb*, selected immune products on special

And many more products on Special in store. Look for the yellow price stickers.

SPECIAL
\$33.90

Supporting your immune system though the winter

What can we do?

- Keep well hydrated and eat a nutrient rich diet
- Move more, exercise boosts immunity.
- Stress less, relax more and get good quality sleep.
- Keep warm and well-dressed to avoid chills.
- Wash your hands regularly and wipe surfaces too.
- Maintain a healthy gut. It is 80% of our immune system.

What can we take?

- Nourishing soups , seaweeds and chicken or other bone broths,
- Medicinal herbal teas and fresh juices and smoothies.
- Probiotics and pre and probiotic foods to boost healthy bacteria in the digestive system.
- Plant medicine such as echinacea, elderberry, elderflowers, olive leaf, ginger, garlic and many other herbs which supports immunity.
- Steam inhalations with dried herbs or essential oils and hot footbaths with mustard, ginger or Epsom salts to stimulate the circulation and increase blood flow.
- Vitamin C preventatively and acutely when needed, it increases production of white blood cells to boost immunity.
- Vitamin D and Zinc are also anti-oxidant immunity superstars.

Which Vitamin C is right for me and my family!



Vitamin C is one of the most powerful nutrients known to man, it is a water-soluble vitamin and antioxidant that must be obtained from the diet or supplements as we do not make it or store it in our body. It is linked to many health benefits, such as boosting immunity, nourishing our adrenals, increasing antioxidant levels, reducing blood pressure and heart disease risk, improving iron absorption and more.

There are several types of Vitamin C and here is a quick rundown of the types that we sell!

- **Natural Vitamin C** from Acerola berries, rosehips, Amalaki or other Vitamin C rich fruits. Natural Vit C supplements are more bio available and remain longer in the body than synthetic ones.
- **Ascorbic Acid** is synthetic vitamin C in its basic form but it can upset the gastrointestinal tract due to the acidity.
- **Mineral Ascorbates** – also known as ‘buffered’ vitamin C, mineral salts (mineral ascorbates) are less acidic and are often recommended to people who experience gastrointestinal upset with plain ascorbic acid. Most common mineral ascorbates include sodium ascorbate (SA) calcium ascorbate, potassium ascorbate and magnesium ascorbate. Mineral ascorbates are usually more expensive than ascorbic acid but much gentler on the gastrointestinal system.
- **Ester-C®**. This brand version of vitamin C contains mainly calcium ascorbate and vitamin C metabolites, which increase the bioavailability of vitamin C
- **Vitamin C with bioflavonoids** – Bioflavonoids are polyphenols found in vitamin C-rich foods. They increase the absorption of vitamin C when they are taken together.
- **Lypospheric Vitamin C** in a gel, liquid or tablet, uses liposomes made from essential phospholipids (fats) to protect Vitamin C from destruction. It bypasses the absorption barriers in the digestive system and goes straight into the bloodstream and cells intact. It is more bioavailable than other vitamin C but also more expensive.

During illness, the amount of Vitamin C can be increased to hourly or 2 hourly up to bowel tolerance. Ask our Naturopaths and Herbalist about the best type of Vitamin C and correct dosage for you and your family

Did you know?

- We have Gift Vouchers available .
- If there is a product we do not have in stock, we are happy to try and get it for you.
- The cellulose and paper bags we use for packaging are all completely home compostable.
- 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.
- 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 and Hapi empty bottles and jars too.

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

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

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Turmeric Paste Recipe

Yields: 12 servings

This easy to make turmeric paste is made with ground turmeric, fresh ginger, cinnamon, black pepper and coconut oil. It is ready in 10 minutes and can be stored in the fridge up to 2 weeks.

Ingredients

- ½ cup ground turmeric spice
- 1 tablespoon ground cinnamon (optional)
- 1 teaspoon fresh ginger grated or minced
- 1 teaspoon black pepper
- ¼ cup coconut oil
- 1 cup water
- maple syrup or honey to taste (optional)

Instructions

- Place ground turmeric, ground cinnamon, fresh ginger, black pepper, coconut oil, and water in a small saucepan and place over low heat.
- Whisk to combine until it forms a paste and coconut oil is fully melted.
- Transfer to a jar with a lid. Cool to room temperature and store in the fridge up to 2 weeks.
- When ready to make turmeric golden milk, place a teaspoon of turmeric paste in a mug and add in hot milk of your choice. Taste for sweetness and add in maple syrup or honey. Give it a stir and enjoy. Or spoon it into curries, stirfries or eat from the jar!!

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