



CORNUCOPIA ORGANICS

Welcome to our Christmas edition.

Well, here we are again at the end of another year and with all the hot and dry weather we have been having, it seems we are well and truly into summer.

We have noticed this year a real shift in consciousness to avoid single use plastic and shoppers are really seeking out more sustainable products and more eco friendly packaging. We too try to do our bit for the environment and support those NZ companies that are really trying to make a difference.

So we hope you have a relaxing and enjoyable Christmas and holiday, wishing you and your family all the very best of good health and happiness and look forward to seeing you safe and well in 2018

Christmas and New Year trading hours 2017-18

Monday Dec 18th - Friday Dec. 22nd 8.30am - 5.30pm.
Saturday December 23rd 9am - 4pm
Sunday December 24th CLOSED
Monday XMAS DAY CLOSED
Tuesday December 26th CLOSED
Wednesday Dec 27th - Friday Dec 29th. 8.30am - 5.30pm
Saturday December 30th 9am - 2pm.
Sunday December 31st CLOSED
Monday January 1st CLOSED
Tuesday January 2nd CLOSED
From Wednesday January 3rd we are back to normal hours.
Monday - Friday 8.30am - 5.30pm and Saturday 9-2pm

Cornucopia bread deliveries

Breadman

21st Dec, then 5th January

Bread & Butter

19th Dec, 28th Dec, 4th Jan.

Dovedale

Thurs 21st Dec, then Friday 29th Dec, & Friday 5th January.

Essene Bread

Wed 20th Dec, 10th January.

Flaveur Breads

19th & 21st Dec, Thurs 28th Dec, & Thurs 4th January.

Oh My Goodness

Daily till 23rd Dec, then 27th, 28th, 29th & 30st Dec, then daily again from 3rd January.

Paleo Pantry

20th & 29th Dec, 5th January.

Purebread

19th & 21st Dec, then Thurs 28th Dec & Thurs 4th January.

ThoroughBread

Tues 19th Dec, then Tues 9th January.

Venerdi

19th & 21st Dec, Thurs 28th Dec, & Thurs 4th January.

Y'A Bon Bakery

Daily till Sat. 23rd Dec, then 27th, 28th & 29th 30th Dec, & then weekdays daily from 4th January.

We are happy to take orders for breads so please ring us and we can aside what you would like. If you are going away and you have a regular order please let us know so we can cancel it for that time.

Kahikatea Farm Seedlings and Plants

Vegetable seedlings and plants at Cornucopia will be removed from sale on the afternoon of 22nd December and will return on Wednesday 3rd January. Look out for lots of new varieties early in the new year as our new spring sowings come online. As always the focus is on 'useful' plants - that means ones that feed you, provide you medicine, craft materials, dyes, and support the growth of other plants by fixing nitrogen, accumulating minerals or attracting bees. We are also focusing more on drought hardy plants suitable for the Hawke's Bay climate - look out for 3 varieties of ceanothus (which also fixes nitrogen), iceplant (also edible), rose campion, green carpet (also groundcover and medicinal) and more. Don't forget our plants would make great Christmas presents, and if you'd like to give a gift voucher or browse the varieties further, check out our website www.kahikateafarm.co.nz.

Bostock Chickens

If you would like to order any Bostock Chicken products, we must receive your order prior to the 20th, this is the last delivery date. We will then not receive any further deliveries from them until 4th January.

We are always happy to help! and have qualified naturopaths and herbalists always in store.

Follow us on Facebook too!

Ideas for last minute Christmas gifts to help save the planet!

Glass Keep Cups in small medium and large sizes
Stainless steel drinking straws
Stainless steel and glass drinking bottles
Organic cotton produce bags, bread bags, bulk bin bags and more!
Nut milk bags and DIY kits
Beeswax food wraps and DIY kits.
Trade Aid hemp, jute and organic cotton shopping bags

Wonderful soaps from Global soaps, especially the Aoteaora Collection bars and Soap making kits too



Raw milk deliveries.

Lindsay Farm will be delivering their raw milk to Cornucopia on Saturday December 23rd & Saturday December 30th instead of the usual Mondays over the Christmas & New Year period. The Thursday deliveries will remain the same. If you have any queries please contact Paul and Christine Ashton at rawmilk@clear.net.nz

Avocado Chocolate Mousse.



- 2 ripe avocados
- 200g dark chocolate
- 1 T cacao powder
- Zest of an orange
- ½ cup of coconut milk
- ½ cup of chia seeds
- 1 T of maple syrup

Melt chocolate in a bowl over a pot of simmering water.

Place avocado and melted chocolate into a food processor to blend until smooth, whilst pouring in the milk, seeds, maple syrup and zest.

Keep blending until the mousse is very smooth and creamy. Taste. Spoon into serving glasses and chill in fridge for 10-15 mins. Garnish with fresh berries.

Thanks to Farmhouse Kitchen where we enjoyed this recipe as part of our staff Christmas celebration.

www.farmhousekitchen.co.nz