

## Welcome to this December and Christmas issue of our regular newsletter.

Many people in our communities are still struggling from the effects of cyclone Gabrielle and inflation costs and finding it hard to make ends meet. So let's keep Christmas as simple as possible and focus on feeling grateful for what we have, for those we love and try to avoid the unnecessary trappings of Christmas waste!

Check out our **Christmas trading hours** and **Bread delivery times**. Also a few sunscreen and wrapping tips as well as recipes!

### Christmas Wrapped Up

Did you know that traditional Christmas wrapping paper is generally not very eco-friendly? There is so much wasted paper that is thrown away and much of the Christmas wrapping paper uses toxic dyes. Even the most well-intentioned of us may be unaware that the wrap we put in the recycling isn't actually recyclable if it contains plastic, dyes, foil, glitter or sticky tape.



It is a shame to buy or make an eco-friendly gift and then wrap it up in non-eco-friendly wrapping! Instead try using brown paper with ribbons, raffia or string, large leaves tied with flax, newspaper and old magazines or scarves & handkerchiefs with ribbons or string, and even tea towels and scraps of material!

### Lindsay Farm raw milk deliveries

The Raw organic milk is normally delivered to our rear entrance fridge at 11am on Mondays and Thursdays. However, over the Christmas & New Year period, we will be closed Monday 25<sup>th</sup> December and Monday 1<sup>st</sup> January. Lindsay Farm will deliver Monday's milk for those 2 weeks on Saturday 23<sup>rd</sup> December & Saturday 30<sup>th</sup> December at 11 am. It will need to be collected the same day as we will be closed on the Sunday and Monday for those 2 weeks.



### Bread Deliveries between Christmas & New Year

**December 2023 - January 2024**

**Bakeworks / Home St. Bakery.**  
Thursday 28<sup>th</sup> December &  
Thursday 4<sup>th</sup> January.

**Bread & Butter Bakery.**  
Closed. Next delivery  
Wednesday 10<sup>th</sup> January.

**Dovedale Bakery.**  
Closed. Next delivery  
Thursday 11<sup>th</sup> January.

**Flaveur Bakery.**  
Thursday 28<sup>th</sup> December &  
Thursday 4<sup>th</sup> January.

**McPhee Organic Bakery.**  
Closed. Next delivery  
Thursday 11<sup>th</sup> January.

**Oh My Goodness Bakery.**  
Closed. Next delivery 8<sup>th</sup> January.

**Purebread Bakery.**  
Friday 29<sup>th</sup> December &  
Friday 5<sup>th</sup> January.

**ThoroughBread Bakery.**  
Closed. Next delivery  
Wednesday 17<sup>th</sup> January.

**Venerdi Bakery.**  
Friday 29<sup>th</sup> December &  
Friday 5<sup>th</sup> January.

**Ya' Bon Bakery.**  
Wednesday 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> December  
& Wednesday 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> January.

**From Monday 8<sup>th</sup> January 2024, normal bread delivery schedules will resume.**

### CHRISTMAS & NEW YEAR TRADING HOURS 2023 - 2024

**Monday 18<sup>th</sup> – Friday 22<sup>nd</sup> December normal trading hours 8.30 am – 5.30 pm.**

**Saturday Dec. 23<sup>rd</sup> December 9am – 3pm.**

**CLOSED** Sunday December 24<sup>th</sup> CHRISTMAS EVE.

**CLOSED** Monday December 25<sup>th</sup> CHRISTMAS DAY.

**CLOSED** Tuesday December 26<sup>th</sup> BOXING DAY

**OPEN** Wednesday December 27<sup>th</sup> – Friday 29<sup>th</sup> December, 8.30am – 5.30 pm

**OPEN** Saturday December 30<sup>th</sup> . 9am - 2pm.

**CLOSED** Sunday December 31<sup>st</sup> NEW YEAR'S EVE

**CLOSED** Monday January 1<sup>st</sup> NEW YEARS DAY.

**CLOSED** Tuesday January 2<sup>nd</sup> PUBLIC HOLIDAY

From Wednesday January 3<sup>rd</sup> we are back to normal trading hours,

Monday – Friday 8.30am – 5.30pm, Saturday 9am - 2pm and Sunday's closed.

## Natural sun protection

Here in Hawke's Bay we have a wonderful climate (or have had!) with long, sunny summer days. So it is important to be sun smart. Sunscreens are an important part of sun safety these days, but not all are safe for you and your family as some UV-absorbing chemicals used in sunscreens can be a health risk. So, do your homework and look at the ingredients in your sunscreens because your skin is your largest organ and what you put on your skin is absorbed into your bloodstream.

We sell several ranges of organic and natural sunscreens but have you thought of making your own? Homemade sunscreen is a great way for you to control whatever goes into the mix, and eventually into the skin of your family and yourself.

What many of us don't know is that common oils offer a natural source of SPF protection without the harmful toxins. These include red raspberry seed oil (SPF28-50), carrot seed oil (SPF38-40), wheat germ oil (SPF20), soybean oil (SPF10), macadamia oil (SPF6), and jojoba oil (SPF4). Other oils, such as coconut, olive, sesame, hempseed, and shea butter, offer low SPF protection but are still valuable additions in your homemade sunscreen, as they are moisturising and fragrant.

For more information on natural sunscreen visit [www.ewg.org/sunscreen](http://www.ewg.org/sunscreen)



## Natural sunscreen recipe

### Ingredients:

- 1/2 cup Sweet almond Oil , Olive Oil or Sesame Oil (Natural SPF)
- 1/4 cup Coconut Oil (Natural SPF)
- 1/4 cup beeswax (helps to emulsify & thicken)
- 2 Tablespoons Zinc Oxide (Be careful not to inhale the powder). (Natural SPF)
- Optional: 1 teaspoon Vitamin E oil
- Optional: 2 tablespoons Unrefined Shea Butter (natural SPF)
- Optional: Essential Oils, Vanilla Extract or other natural extracts to suit your preference

### How to Make Natural Sunscreen:

1. In a pint sized or larger glass jar, combine ingredients except zinc oxide. Fill a medium saucepan with a couple inches of water and place over medium heat.
2. Put a lid on the jar loosely and place in the pan with the water.
3. As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely melted, add the zinc oxide, stir in well and pour into whatever jar or tin you will use for storage. Small mason jars (pint size) are great for this. It will not pump well in a lotion pump!
4. Stir a few times as it cools to make sure zinc oxide is incorporated.
5. Use as you would regular sunscreen. Best used within six months.

### Additional Notes:

This sunscreen not completely waterproof and will need to be reapplied after sweating or swimming.

Make sure not to inhale the Zinc Oxide - use a mask if necessary!

Adding more Zinc Oxide will increase the SPF.

Add more beeswax to make thicker sunscreen, less to make smooth sunscreen.

Coconut or vanilla extract or lavender essential oils are recommended for fragrance.

Store in a cool, dry place or in the fridge in a jar and apply like a body butter.


Remove the Zinc Oxide to make this an excellent lotion recipe!

It is illegal in NZ to sell a sunscreen without getting it tested. Thanks to [www.lotusoils.co.nz](http://www.lotusoils.co.nz) for the recipe. Ingredients can be bought from them too.

## Did you know!

- We have gift vouchers in store for those last minute gifts or hard-to-buy for people!
- Plants and seedlings will still be available over the holiday for those keen gardeners!



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

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## Super easy homemade Christmas fruit mince



### Ingredients:

- 200 g raisins
- 100 g dried cranberries
- ¼ cup 50g mixed peel
- 2 Granny Smith or other apples.
- 200 g currants
- ½ cup brown sugar (optional)
- ½ teaspoon ground nutmeg
- ½ teaspoon mixed spice
- ¼ teaspoon cinnamon
- ¼ teaspoon ground cloves
- Juice and zest of 1 lemon
- 2 tablespoon sherry or brandy (optional)

### Method

- Add raisins, cranberries and mixed peel to the bowl of a food processor and mix on low speed for 30 seconds. Add the peeled, cored and roughly chopped apples and mix until the apples are in small pieces. If you are not using a food processor, add raisins, cranberries and mixed peel to a large bowl and grate the apple in.
- Add the remaining ingredients and mix together thoroughly.
- Put in jars and store in the fridge. Refrigerated it will keep for months.

Thanks to Laura @ the [kiwicountrygirl.com](http://kiwicountrygirl.com) for the recipe.

**Mere Kirimehete**  
From all the team  
at Cornucopia, we  
wish you a happy  
festive season, and a  
relaxing break.

With arohanui from our  
whanau to yours

- Merry  
Christmas!

