

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

As the year comes to an end, we can often feel stressed and exhausted with so much to do and organise! The different experiences we have all had over the last two years have made it a trying and challenging time for many as well. Read more on ways we can help you deal with end of year stress and check out our Trading hours and Delivery times too.

## Coping with end of year exhaustion and stress

Everyone has something a little bit different that works for them to help release stress and let go of overwhelm and worries. Anxiety, busyness and lack of sleep can have a negative impact on our nervous system and overall health, and numerous studies have shown that ongoing stress causes inflammation in the body and plays a big role in chronic health issues, such as heart diseases, muscular and bone conditions, auto-immune issues, sleep and of course, psychological problems.

- Rising at the same time every day and going to bed at the same time helps set up our sleep wake cycle for better sleep and helps support a reset for healthy nervous system function.
- Exercising in the morning can help set your day up and support endorphin release, helping you feel good at the start of your day and into the rest of the day ahead, whether it is a walk, a run or some yoga or gentle stretching.
- Learn how to say "no". Try not to take on more responsibilities than you can handle.
- Meditate or power nap! Take some time for yourself, gather your thoughts or do what nourishes you. Take deep breaths too rather than shallow ones which can contribute to heightened stress levels.
- Take a break from social media and electronic devices, especially in the evening. This allows a more natural switch off for a good night's sleep.
- Eat well, have regular meals and avoid snacking and reaching for those sugar laden foods when under stress. Consuming enough vitamins and minerals will improve your physical and mental health.
- Come and talk to our Naturopaths or Herbalist, we have many supplements, flower essences, herbs and teas that can support stress, sleep and overwhelm for you and your family.



## Bread Deliveries over Christmas & New Year

**December 2022 - January 2023**  
**Bakeworks / Home St. Bakery.**

Wednesday 21st December then  
 Thursday 29th Dec & Thursday 5th Jan.

**Bread & Butter Bakery.**

Wednesday 21st December then  
 Thursday 29th Dec & Thursday 5th Jan.

**Breadman Bakery.**

Wednesday 21st December then  
 Wednesday 11th January.

**Dovedale Bakery.**

Thursday 22nd December then Thursday  
 12th January.

**Flaveur Bakery.**

Wednesday 21st December & Thursday  
 29th Dec & Thursday 5th January.

**McPhee Organic Bakery.**

Thursday 22nd December, resumes  
 Tuesday 31st January.

**Oh My Goodness Bakery.**

23rd December, resumes Monday 10th  
 January.

**Purebread Bakery.**

Thursday 22nd December & Thursday  
 29th December & Thursday 5th January.

**ThoroughBread Bakery.**

Wednesday 15th December, resumes  
 Wednesday 12th January.

**Venerdi Bakery.**

Thursday 22nd December & Thursday  
 29th December & Thursday 5th January.

**Y'A Bon Bakery.**

23rd, 28th, 29th and 30th December, and  
 then 4th, 5th and 6th January.

**From Monday 9th January 2023,  
 normal bread delivery schedules  
 will resume.**

## CHRISTMAS & NEW YEAR TRADING HOURS 2022 - 2023

**Monday 19th – Friday 23rd December normal trading hours 8.30 am – 5.30 pm.**

**Saturday Dec. 24th ( Christmas Eve ) 9am – 3pm.**

**CLOSED** Sunday December 25th. CHRISTMAS DAY.

**CLOSED** Monday December 26th BOXING DAY.

**CLOSED** Tuesday December 27th. PUBLIC HOLIDAY

**OPEN** Wednesday December 28th – Friday 30th December, 8.30am – 5.30 pm

**OPEN** Saturday December 31st. 9am - 2pm. NEW YEARS EVE

**CLOSED** Sunday January 1st. NEW YEARS DAY.

**CLOSED** Monday January 2nd. PUBLIC HOLIDAY.

**CLOSED** Tuesday January 3rd. PUBLIC HOLIDAY

From Wednesday January 4th we are back to normal trading hours,

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

## Lindsay Farm raw milk deliveries

The Raw organic milk is normally delivered to our rear entrance fridge on Mondays and Thursdays. Over the Christmas & New Year period we will be closed Monday 26th December and Monday 2nd January. The milk delivery can be picked up from the back fridge on those Mondays as the roller door will be open, and Thursday's delivery will remain the same.



## What is a Shrub?

Shrubs (also known as drinking vinegar) date back to the 15th century, and were a popular preservation method. People combined vinegar with fruit creating an infused vinegar. A little sugar or honey was added and the mix was called a shrub. These sweet-sour mixers became popular for drinks, including cocktails and sodas. They are now making a comeback and we sell them in store but they are easy to make at home.

## Raspberry & Rhubarb Shrub

In this drink, raspberries bring a delightful floral note with the unique astringency of rhubarb. A shrub is essentially a vinegar-based cordial and a wonderful thirst quencher on a hot summer day or used as a mixer in cocktails. I usually make a double batch, some for our fridge and a few bottles for gifting.

**Prep Time 30 minutes | Infusing time 2 days**

**Servings 700 ml**

### Ingredients

- 500g fresh or frozen raspberries
- 4-6 large rhubarb stalks, about 300g, cut into 1cm lengths
- 200g 1 cup sugar or mild honey
- 250 ml apple cider vinegar

### Instructions

1. Place the raspberries and rhubarb into a bowl. Add the sugar or honey and muddle together to combine and mash the raspberries into the sugar. Cover and place into the fridge for 24-48 hours. Stir and mash the fruit against the side of the bowl every so often during this time.
2. Strain the mixture through a sieve into a jug using the back of a spoon to press out as much syrup as possible. Add the vinegar and stir to combine. Pour into small 150-250ml bottles. Label for gifting.
3. The shrub will keep in the fridge for up to 4 weeks. Add 1-2 tbsp shrub to a glass and top up with sparkling water, or use as a mixer in a cocktail.

*Recipe & text courtesy Nicola Galloway, Homegrown Kitchen*



## New Products

- **Tempus Tonics** ACV Botanical Tonics and Shrubs \$15.90
- **Kiwiherb** Colic Comfort, Bedtime Bliss & Childrens Goodnight Chest Syrup all \$23.95
- **Two Islands** Happy Gut Powder & Milk Maker for Breastfeeding Mums!



## Monthly Specials

(while stocks last)

*Lots of products on special and seasonal bargains.*

- **SHE Universe and Swiss Bliss** Delicious Christmas Chocolates
- **Look for the yellow price stickers.**

**SPECIAL**  
\$33.90

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

*With arohanui from our whanau to yours - Meri Kirihimete!*

## Did you know?

- **We have gift vouchers** for those last minute gifts!
- Plants and seedlings will still be available over the holiday for those keen gardeners!
- 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 by the front door 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

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