

Cornucopia Organics

Autumn Newsletter

221E Heretaunga St, Hastings,
Hawke's Bay

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Welcome to our Autumn edition

Many apologies for this newsletter being rather late in the season, we have been away overseas for a few weeks visiting family. Many thanks go to our great staff for keeping everything going while we were away and as our customers already know, you are all awesome!

It is hard to imagine that winter is just around the corner as we continue to enjoy this beautiful Autumn weather. In this issue we want to bring your attention to what you are putting on your skin and also profile several of our local suppliers.

How organic is your skincare?

Every day women expose themselves to around 168 different chemicals hidden in products like deodorants, shampoos and cosmetics, which are spread over every inch of our skin. These chemicals don't just stay on our face - the average woman ingests 0.05 mg of lippy daily, around 1.2 kilos of the stuff over sixty years. Toxins in cosmetics have been linked to hormone-related problems, birth defects, skin irritation and pregnant mothers can even transfer them to their unborn children.

Here's a link (<http://goo.gl/b5IM2r>) to an excellent article from the New Zealand Herald, which is worth reading even if it is rather scary. The great thing is that we can do something about it! So vote with your wallet and choose organic and natural skincare and cosmetics.

We sell a wide variety of organic and natural skincare and cosmetics and we thought in order to highlight the importance of organic skincare we would profile a company each month, starting off with New Zealand companies. In the month of June we will be profiling Living Nature, a skincare company that's been going since 1987.

Living Nature believes safe skincare is the perfect start to lessening this potentially toxic load. The skin is the body's largest organ so its skincare and cosmetics are safe enough to eat, formulated with active botanical ingredients to work with your body, for the best your skin can be.

We will have specials in store and Anna our skincare consultant is available by appointment to advise you.

In July, we will be profiling another New Zealand skincare company called Antipodes...more in the next newsletter.

Coming up:

NICE CREAM

For all you Nice Cream lovers - and those that haven't yet discovered it.

Come into Cornucopia and delight your taste buds with four delicious flavours: vanilla, banana, mango and the especially popular chocolate. All made with the goodness of coconut cream that is Nice Cream!

WHEN: FRIDAY 30th MAY
10AM - 1PM



A sweet treat to accompany your long weekend shopping

MILLSTREAM GARDENS

Geoff and Jan will be in the shop talking about and sampling their herbal creams and lotions.

WHEN: THURSDAY 12th JUNE,
11AM-2PM

COCONUT KEFIR CO.

Anita will be in store offering samples and answering your questions.

WHEN: FRIDAY 30th JUNE
9AM-3PM

Local businesses we love: Millstream Gardens

Geoff and Jan Speeden are a local Hawkes Bay couple who make herbal creams and ointments using their own organic or local ingredients.



“Our aim is, and always has been, to provide natural remedies at an affordable price, using as many organic and or locally grown ingredients as we can. We try to keep our product packaging simple and recyclable and to use recycled paper and packaging materials whenever we can.”

“Millstream Gardens & Cornucopia have a long standing connection. Many years ago, (about 30) Geoff and I used to deliver herb plants to the old shop, up near New World. We hesitantly asked Alan and Kaye if they would be interested in selling some ointments we had started making. Back then we hand wrote each label, so at least half of them were hard to read, and we made six different types of basic salve.”

“After some time we got really up market and got rubber stamps. We've come a long way since then, and happily don't need to write our labels any more. Now we make over 50 different remedies & support ourselves entirely from them. We have really valued Cornucopia's ongoing support and enthusiasm for our products, the shared interest in things herbal and the commitment and integrity that Kaye and Alan bring to their shop.” Jan Speeden. www.millstreamgardens.co.nz

Herb of the season: *Pelargonium Sidoides*

This is a medicinal plant native to South Africa. Its common names include Umckaloabo, from the Zulu language meaning heavy cough, and South African geranium. For centuries the roots have been traditionally used for the treatment of a variety of respiratory diseases. Today specialised farms using ecological cultivation methods produce root extracts for use in cold and flu medicines under various brand names including Kaloba, Umcka and Zucol. We also have it as a liquid extract in our herbal dispensary and use it for any upper or lower respiratory condition, including sore throats, earache, colds, sinusitis, tonsillitis, bronchitis, coughs, and asthma. It is immune boosting, expectorant, antiviral and antibacterial so can be used in place of antibiotics in some cases of bacterial infection. *Pelargonium sidoides* has especially been proven in clinical trials involving children and we can personally vouch for its effectiveness. Come and talk to us see if *Pelargonium* can be helpful in your family this winter.

Seasonal Superfoods:

The humble cabbage is the most impressive of all the wonderful brassica vegetables, which includes broccoli, kale, pak choi, and bak choi. They contain compounds, which have been shown to reduce the risk of several types of cancer. Cabbage also stimulates the immune system and is a good blood purifier. The red variety contains a healthy dose of powerful antioxidants with an anti-cancer punch. Cabbage is cheap to buy, high in soluble and insoluble fibre, while also low in calories and fat. It's also gluten-free, easy-to-digest, easy to grow and keeps well. It can be eaten raw, cooked, or pickled, is high in bioflavonoids and Vitamin C, a good source of manganese, folate, vitamin B6, potassium and omega 3 fatty acids, a good source of thiamin (vitamin B1), riboflavin (vitamin B2), calcium, potassium, magnesium, vitamin A, and has some protein, too!



Broccoli is also a superfood. It's rich in vitamin A, vitamin C, and bone-building vitamin K, and has plenty of fibre and beta-carotene. It contains antioxidants, including vitamin C, and is also a good source of folate. It also contains a phytochemical called sulphoraphane, which gives it its sulphur odour and has specific anti-cancer properties. This increases the production of detoxification enzymes, which help the body rid itself of potentially carcinogenic substances. A recent study published in the journal *Cancer Prevention Research* found that a natural compound, indole-3-carbinol, present in broccoli helps to prevent the cell divisions which lead to the development of cancer.