



Welcome to the October edition of our monthly newsletter. It is Spring and traditionally the time to get inspired in the garden! We have some info about our growers and also during this month it is Naturopath and Herbalist Week and we are explaining how our wonderful in store practitioners can help you and your family to make an informed choice about your health.

Kahikatea Farm Nursery.

At Kahikatea Farm in our nursery we grow a huge range of certified organic plants - over 200 varieties of certified organic vegetable seedlings, edible and medicinal herbs, companion plants, flowers, shrubs and trees. We focus on perennials and self-sowing annuals which are multi-functional, hardy, and contribute to a diverse and resilient garden, farm or food forest. This provides fertility and pest control from within, and can provide a forage system of food, medicine, fuel, dyes, craft and construction material for you and future generations as well as a place of beauty and biodiversity.

Our perennials are coming back into season now, edible and medicinal herbs, bee and butterfly plants dye plants and more. Plus, a range of heirloom tomatoes and annual and perennial vegetables and flowers. Visit our web site for online orders too, www.kahikateafarm.co.nz



We Sow U Gro Nursery

My wife and I have a small family garden centre and nursery at home that provides our community with vegetables, herbs, flowers, trees, shrubs and much much more at very affordable prices. The seeds are all raised in organic seed mix and planted out in organic Biorich compost.

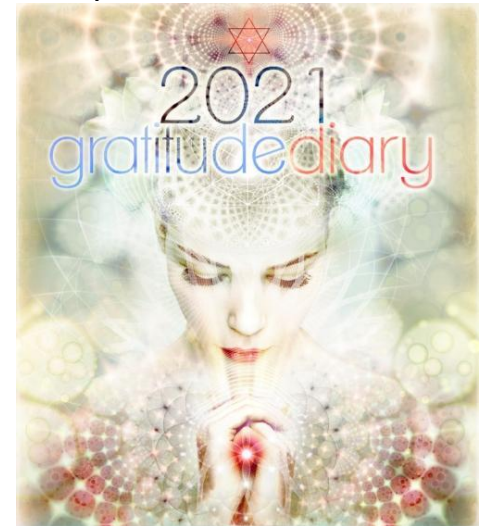
October is Breast Cancer Awareness month and we many different have pink plants and flowers for sale and on special!

All our plants and seedlings are at incredibly fair prices. We are located in Flaxmere and you are welcome to visit us. Specials will crop up from time to 'thyme' so please 'Like' and follow us to keep an eye out for our posts on Facebook. Happy planting. Brent Harris.

Special Offers (while stocks last)

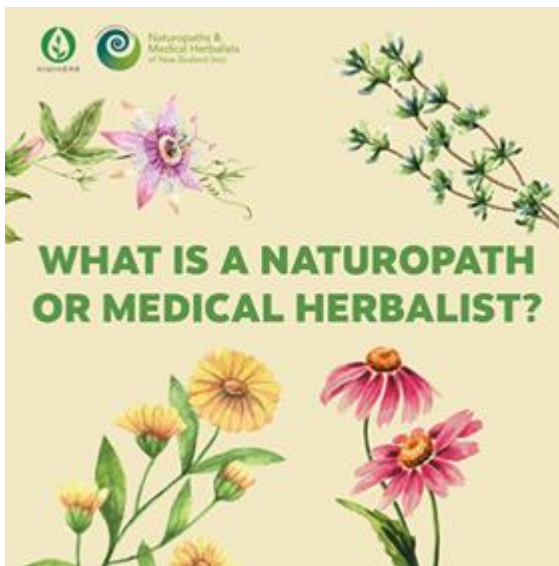
- *Niwashi* gardening tool only \$30.90
- *Bennetto Chocolate* only \$3.50
- *Back to Basics* frozen veg 1/2 price
- *Kiwiherb topical creams* one free with every purchase over \$29.00.
- *Ceres* tinned tomatoes only \$1.50
- *Viberi* blackcurrant products all on special
- *Lifestream Advance* probiotics all at special price.

More specials available in store too.



New Products

- *Hello Cups* are \$48.50
- *Hanami* Natural Nail Polish \$24.90 & sm \$12.50
- *Gratitude Diaries* 2021, \$37.90 & *Gratitude Calendars* 2021 \$21.95



Naturopathy is a complementary health modality that takes into account all systems of the body, within the framework of assisting the whole person. It originated in the 16th and 17th centuries and was the forerunner to modern medicine.

Today New Zealand offers degree qualifications as well as diplomas in Naturopathy and Herbal Medicine, which means that your Naturopath will often be a trained Medical Herbalist as well, utilising herbal formulas, in addition to dietary and lifestyle changes, vitamins and supplements.

Both Naturopaths and Medical Herbalists are trained to offer supportive holistic care. This means treating the person as a whole (mind, body and emotions), rather than only addressing the condition or symptoms. They are trained in a number of complementary medicine modalities, including nutrition, medical herbalism, aromatherapy, homeopathy and Traditional Chinese Medicine.

Some Naturopaths work solely in clinic seeing clients, others may work in a natural health store, or for natural health companies, others may formulate and manufacture their own line of natural health care products, and offer community-based courses or talks.

Naturopaths offer their clients advice, education and support to improve their health and may recommend or advise a particular course of action, but ultimately, are there to educate and empower clients to make dietary and lifestyle changes that will provide a positive impact on their health.

We have awesome Naturopaths and Herbalists in store every day to support you and your family's health.

Did you know?

- We have organic seeds from Kings Seeds, Koanga Institute, Setha's Seeds and Eco seeds. We also have Dalton's Organic seed raising mix, compost, potting mix and fertiliser.
- Not forgetting Niwashi garden tools and other gardening necessities.
- 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.

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

This newsletter is printed on recycled paper

Harvest to Hand Hemp Pesto



Using local Hawkes Bay grown hemp hearts, this is so simple, just throw everything you need in the blender and the job's done. Store in the fridge and consume within a week (if it lasts that long).

Ingredients:

- 1 cup of fresh basil or parsley
- 1 cup of organic spinach
- 1/4 cup of hemp hearts
- 1/4 cup of shredded parmesan cheese (optional if dairy free)
- 1/4 cup of hemp seed oil
- 1/4 cup of walnuts (or cashews or pine nuts)
- 1 garlic clove (half a clove if you don't like it too garlicky)

Salt and pepper to taste

Serve as a dip for bread, carrot or celery sticks, crackers or in sandwiches or any way you like!

Thanks to Harvest to Hand

www.harvesttohand.co.nz for the yummy recipe.

