



# Cornucopia Organics

## Spring Newsletter

221 E Heretaunga St, Hastings,  
Hawke's Bay

Issue 2 September 2013

### Welcome to our spring newsletter

We have very much appreciated the feedback we have had from our first newsletter and hope you enjoy this spring edition.

The daylight hours are getting longer and the cycle of growth is beginning once again. Spring is the perfect time for getting into shape, and doing a natural and healthy detox to help strengthen and cleanse our bodies and improve our immune system, especially if we are prone to allergies. The ground is getting warmer and it's also time to get in the garden, so read on.

### Spring cleaning...naturally!

Spring clean your house naturally using eco-friendly cleaning products, they have a minimal effect on the environment and are a great step to making your home more environmentally friendly.

When using household cleaners we can forget that once they get washed down the drain, they enter the soil and the water supply and can end up in rivers, lakes and oceans, where any chemicals released can pollute the environment and pose serious threats to wildlife and ourselves.

Manufacturers of household cleaners are not required to disclose exactly what's in their products, and under current regulations chemicals with hazardous classifications need only be listed on the label if they are present above prescribed levels.

Off-the-shelf household cleaning supplies contain petrochemical detergents, often called ionic detergents, which can cause damage to the surrounding ecosystems. They may also contain phosphates, which do not degrade at all and choke up waterways by increasing algae growth. Chlorine bleaches can wreak havoc on our own airways and even our nervous system and they may also include artificial colourings, and preservatives such as formaldehyde. Children, and anyone with a weakened immune system, are especially susceptible to their potentially toxic effects.

Most cleaning jobs can be easily handled without these toxic products, and the following everyday ingredients can do the job as they did in the old days. All these cleaners are safe, effective and cost-efficient and will not harm the environment, or you and your family. Try using baking soda, castile and vegetable oil based soaps, borax, cornstarch, salt, vinegar, lemon juice, washing soda, and herbs and essential oils for your cleaning.

At Cornucopia we sell several brands of environmentally friendly and non-toxic cleaning products for your home, which use plant based ingredients and commonly occurring minerals and essential oils. We sell Soap Nuts, which are the dried fruit of the Chinese Soapberry tree; these nuts contain saponin, a natural cleaner used for thousands of years. We also sell Dr Bronners and other castile soaps, baking soda and cider vinegar in bulk, as well as essential oils.

### Recipes for cleaners

**Basic all purpose cleaner:** Mix equal parts of vinegar and water. Apply with a soft cloth or spray bottle. This can be used to wipe surfaces, mop floors and clean windows. Wipe windows with crumpled newspaper for lint-free results!

**Toilet bowl cleaner:** Sprinkle about ½ a cup of baking soda into the toilet bowl. Leave for a few minutes, then squirt with vinegar. Scour with a toilet brush before flushing.

**Furniture Polish:** Mix 1 teaspoon of lemon juice in 500ml of vegetable oil or natural linseed oil. Apply a small amount to a clean cotton cloth and wipe wooden parts of furniture.

Add your favourite essential oils or herbs to any of these formulas for fragrance.



**Be in to win an Ecostore Healthy Home Bucket with this issue by signing up instore.** Each pack is worth \$85 and contains a variety of plant based cleaning products and skin care.

**Congratulations to Kate White** who won our Weleda Cold and Flu pack.

### Coming up

**Wheat's Up! Wheatgrass Tasting**  
Fri Oct 18th from 11am

**Susan Kitson author of 'In Search of Health'** instore with yummy tastings and tips Thurs Oct 31st 11.30am-1.30pm

**Instore Tastings with Louise from Pacific Harvest – using seaweed for culinary and health purposes**  
Thurs Nov 7th from 11.15am

**Coconut Kefir Tasting with Anita from The Kefir Co.**  
Thurs Nov 28th from 10am

## Spring detox

Article by Tina McOnie - Naturopath

Spring is the time when we get the urge to clean away the winter debris and make everything sparkle again, and it is an optimal time to detoxify and give our insides a clean as well. Some signs of body distress that indicate the need for a cleanse are headaches, digestive problems, tiredness, skin problems, weight problems and allergies. Even if you don't suffer from any of these symptoms a spring cleanse gives the body a tune-up, revitalising your body and soul.

Here are some simple tips for detoxing:

- Start your day with a squeeze of lemon in warm water to help alkalise your body and cleanse toxins.
- Drink 6-8 glasses of pure water each day to help your body hydrate, and release toxins.
- Avoid alcohol, coffee, sugar, animal products, wheat and gluten, and processed and fried foods while doing your cleanse.
- Choose alkalising plant-based raw foods and fresh fruit and vegetable juices.
- Use organic and natural body products - many cosmetics contain carcinogens, adding to your body's load of toxins.
- Sweat it out - go to a hot spa, hot yoga class, or take an epsom salts bath. Our skin is our largest organ, and sweating is an effective method of detoxing.
- Get exercising - a regular regime helps to pump fresh oxygenated blood to your tissues and organs, strengthens your heart, improves your fitness, and it's a feel-good factor as well.

Alongside your healthy eating and lifestyle habits you may wish to do a detox programme and there are many brands of detox products available, containing key cleansing herbs such as milk thistle, dandelion, burdock and schisandra. Pop into Cornucopia, and one of our herbalists or naturopaths can help you decide which plan of action is best for you.

Remember it is good to cleanse your mind as well, clear away toxic thoughts and practice positive affirmations, engage in activities that bring you joy, and laugh as often as you can. Enjoy your spring everyone.

## Seasonal Superfoods

Spring - time to go green! Spring vegetables provide some of the highest levels of phytonutrients, which ward off chronic diseases and support health and vitality, and we are selling them in Cornucopia right now!

**Asparagus** is a very alkaline vegetable. It is rich in vitamins A and C, selenium and antioxidants, and is one of the richest sources of rutin, which strengthens capillary walls. It is high in folic acid, B vitamins, and potassium, which is a natural diuretic. The stalk of asparagus also contains inulin, a prebiotic fibre. With a very low calorie content asparagus is an ideal veggie to add to any plate.

**Spinach** is high in fibre and packed with anti-inflammatory and anti-cancer nutrients. It is a good source of antioxidants, including vitamins C and E, betacarotene, lutein, and zeaxanthin for eye health. It contains high amounts of potassium and vitamin K, which support bone health. It is high in iron and B vitamins and folate, and is a good source of calcium, magnesium, omega-3 fatty acids and protein. So, eat spinach raw in salads, lightly steamed, or in fresh juices.

**Parsley** has remarkable healing and blood purifying properties, and is rich in chlorophyll. The volatile oils inhibit tumor cell formation, and it is rich in flavonoids that have strong antioxidant properties. It contains three times the amount of vitamin C by volume as an orange, is high in folic acid, and is also a powerful diuretic. Don't just use parsley as a garnish, add it to your green juices, salads, soups, and why not try parsley tea!

## Wheat's Up!

Article by Carolyn Hagger Wheat's Up  
Owner BSc Plant Science

Detox! Detox! Detox! The words are ringing in my ears at the moment. As the spring has arrived and nature starts to unfold and begin its yearly renewal, our bodies also follow that natural cycle of wanting to rid the old unneeded energy and leave space for the new renewed energy the beautiful Hawke's Bay sunshine offers. In the Wheat's Up! Glasshouse the Wheatgrass is growing like crazy - beautiful, long and luscious.

The seeds used at Wheat's Up! are higher in phenols and antioxidants than a normal wheat seed. When tested, the frozen wheatgrass has 1/3 of your daily potassium needs in it - the most required mineral in our body - and trace elements of selenium, as well as other vitamins and minerals tested.

When taken daily, wheatgrass acts as a potent body cleanser and is armed with nature's very best. Wheatgrass contains over 90 minerals, including high concentrations of minerals; potassium, calcium, magnesium and sodium. Wheatgrass has more vitamin C than oranges and twice the vitamin A of carrots, and it is potent when it comes to the elimination of free radicals.

Wheat's Up! Wheatgrass is provided in Cornucopia by the tray, in the Evert Fresh Green Bag™, and also as Snap Frozen juice. This juice will detoxify you and get you re-energized. Start today to take a positive step with your health the natural way. Visit us at [www.wheatsup.co.nz](http://www.wheatsup.co.nz)

## Eat your greens!

Most of us don't eat enough dark, leafy greens, so blending fresh greens like kale or spinach into a juice or smoothie is a great way to enjoy them.

Green smoothies get their vibrant colour from chlorophyll, which cleanses and detoxifies the body, oxygenates the blood, boosts energy levels, and is easily absorbed.

Ingredients:

- 1 kiwifruit
- 1 apple
- 1 stick of celery
- 2 leaves of kale or similar greens
- 1/2 lemon or lime (skin as well)
- mint and/or parsley to taste
- 1/4 cup organic probiotic yoghurt
- 1 tsp spirulina / powdered wheat or barley grass (optional)
- 1/4 cup water or juice

Blend all together and drink. (Serves 1)

## Tips from the herbal dispensary: Allergies

Seasonal allergies, also called hay fever and allergic rhinitis, are a hypersensitivity to airborne allergens like pollen and dust, and when inhaled into the nasal cavity, trigger the body to release histamine, a naturally occurring immunity response to foreign pathogens.

If you have annually recurring hay fever, supporting the immune system for two months leading up to hay fever season is important. Herbs such as echinacea and astragalus help to balance and moderate immune function. Vitamin C, which is a natural antihistamine, helps to reduce nasal secretions and inflammation, and flavonoids such as quercetin, rutin, and hesperidin also have antihistamine properties.

Healthy digestion and maintaining good gut flora are cornerstones for reducing allergy severity, so support the gut flora with probiotics and fermented foods and avoid processed and sugar-laden foods. Dairy, wheat and gluten, and often citrus, can be aggravating as well. Add extra garlic and onions to the diet, maintain healthy liver function, and support the adrenals in cases of stress.

Allergic reactions are a result of the actions of histamine, causing the tissues in the affected areas to inflame. Nettles contain histamine in a weak form and can attach to the histamine receptors in the tissue and block the body's own histamine uptake, and in that way reduce its effects. Nettle tea works best when one drinks two-plus cups daily two months before allergy season begins or as a tincture 2-3 mls 2x daily. Other anti-allergic herbs such as albizzia and baical skullcap can also be helpful. Raw apple cider vinegar also helps to block the histamine response and reduces inflammation, and a spoonful a day of raw local honey will help your body build up a resistance to local pollens.

The herbs eyebright and golden seal can be helpful for runny noses and painful sinuses, and herbs such as elderflower, golden rod and horseradish may also be soothing for the mucous membranes. There are many herbs that can give relief, but each person is different, so talk to our herbalists and naturopaths to find a treatment that will work for you.

## Tempeh

extract from "In Search of Health" by Susan Kitson

Fermented foods have been a staple in the diet of many cultures dating back thousands of years. Foods were fermented to lengthen their shelf life and promote their beneficial qualities. They are fantastic at increasing beneficial intestinal bacteria, thereby enhancing digestive health. Fermentation is the process of breaking down or predigesting food (soybeans, cabbage, milk) using enzymes (moulds, yeasts, or bacteria) to form more easily digested products. Some examples of fermented foods are soy sauce, miso paste, tempeh, sauerkraut, natto and yoghurt.

Tempeh is made from soy beans which are cracked, soaked, cooked, and then inoculated with beneficial bacteria. Because the soy beans have been partially broken down it is an easy food to metabolise.

Tempeh is nutrient dense; high in protein, dietary fibre, potassium, iron, calcium, and phytochemicals, and can be beneficial in lowering cholesterol and high blood pressure, as well as reducing the risk of heart attack and stroke. Tempeh may also lower the risk of some cancers. It has a positive impact on osteoporosis and diabetes and can ease some menopausal symptoms.

The first time I tried tempeh I was hooked – the Lemon Spiced Tempeh recipe opposite is my recreation of that dish.

(Look for "In Search of Health – 21 steps to glowing health" by local author Susan Kitson instore, for more fabulous ideas on ways to improve health).

## Herb of the season:

**Nettle** (*Urtica dioica* / *Urtica urens*)



Stinging nettles are seen as invasive weeds by some, but have been recognized for centuries as one of the great blood cleansing herbs, and have been widely used as food and medicine for the treatment of high blood pressure, rheumatism, gout, kidney stones, allergies and skin problems, since medieval times.

Nettle leaves are a traditional spring tonic and a diuretic for cleansing and fortifying the blood, and are fantastically high in chlorophyll, vitamins A and C, calcium, magnesium, and other trace minerals. They have a high protein and iron content, and can be used as a blood tonic in anemia, low vitality, pregnancy and breastfeeding.

As a food and a medicine nettles are cleansing and nutritive and a fabulous herbal multivitamin. When harvesting the young fresh nettles wear gloves and bring a knife to cut the young shoots and leaves. These can be dried for future use as a tea, or used fresh in a juice or added to a soup.

## Lemon Spiced Tempeh

- 1 block tempeh
  - 6 Tbsp lemon juice
  - ½ cup water
  - 4 cloves garlic crushed / sliced
  - 2 tsp cumin
  - 2 tsp paprika
  - ½ tsp cayenne
  - 1 tsp salt
  - a couple of good glugs of olive oil
1. Slice tempeh into ½ cm slices, and arrange in a baking dish.
  2. Whisk together the marinade ingredients, pour it over the tempeh, cover, and bake at 180°C for 45-50 minutes. Uncover for the last 10 minutes if you prefer less sauce.
  3. Garnish with fresh coriander (optional) and serve over rice or barley. (Serves 3-4).

## Local businesses we love: Kahikatea Farm

Article by Jo Duff of Kahikatea Farm

Spring is here and it's time to get busy in the garden. Don't worry if you're not fully prepared for summer yet, there's plenty of time to get your tomatoes in, (but do come to us when you are ready – we have 20 different varieties from cherry to beefsteak, in colours yellow, gold, purple, black, and of course red. And new for this year is Gardener's Delight cherry – super sweet but with a true tomato flavour). In their quest for summer veg, some people forget that it is a great time to get heading brassicas in – caulis, cabbage and broccoli do really well through spring and mature before the cabbage white butterflies are a nuisance. And you'll have great coleslaw in summer! It's also really important to plant companions such as bishop's flower and alyssum to attract beneficial insects to munch on any aphids that may appear!



The seedlings you buy from Cornucopia are all produced by us at Kahikatea Farm in Poukawa, and are certified organic with OFNZ. I do the deliveries myself as I like to meet my customers, and I'm in three times a week at this time of year to ensure consistent supply and quality. Kahikatea Farm offers over 200 varieties of vegetable seedlings, edible and medicinal herbs,

companion plants, flowers, shrubs and trees. The vegetables are chosen with home gardeners in mind and are mostly tried and tested in our own gardens. Many are heritage varieties and none are F1 hybrids, so you can save your own seeds if you want.

We are launching our website at the end of September, so check out [www.kahikateafarm.co.nz](http://www.kahikateafarm.co.nz) and like us on facebook too! Many thanks to our loyal customers for supporting us.

## Staff profile: Martin Mallow

In my role as store room manager at Cornucopia I deal with most things that come in the back door! Checking incoming goods, unpacking, pricing, stocking shelves, filling the bulk bins, re-ordering, serving customers, and many other hidden details to help in the day-to-day running of the shop.

I come from a varied background of skills, from furniture making, to working with people in residential care, and I am learning several therapies. I immensely enjoy learning about all the products at Cornucopia, and feel happy to know that most of them are from New Zealand and local businesses striving to make a difference.



Articles written by Kaye Keats and guest writers, with production assistance from Kura Rutherford. Banner photo by Rosa-May Rutherford. Printed on 100% recycled paper.

website: [www.cornucopiaorganics.co.nz](http://www.cornucopiaorganics.co.nz)

ph: 06 8766248

## Instore specials:

(while stocks last)

- **Lifestream Bio Active Spirulina 1000s** \$ 79.90
- **Weleda Skin Food** \$14.50
- **10% special on Living Nature Skin Care**
- **E String Bags** \$2.50 in pink, blue, natural and green
- **Ceres canned beans and tomatoes** \$1.95

## Some of our new products

- **Go Bamboo** toothbrushes, clothes pegs and cotton buds
- **Orchard Organic** Biogro cert. household cleaners
- **Koanga Institute's** latest publication - the Koanga Garden Planner
- **Pure Wellbeing** coconut nectar, hemp powder, maca powder and more...
- Biogro cert. organic **DENZ** Diatomaceous Earth
- **Coyo** coconut milk, yoghurt and icecream
- **Ceres Organics** Ancient Grains Fusion - teff grain, ancient grains mix, quinoa/rice blend, ancient grains soup mix
- **Weleda** hair care products - wheat, oats and millet shampoos and conditioners
- **Viberi** Biogro cert. freeze dried blackcurrants

## Did you know...?

- We love it when customers bring their own bags and baskets for their shopping.
- We have a customer car park at the rear of the shop.
- We try to minimise the environmental impact of shopping wherever we can and provide bulk liquids and bulk bins for refill.
- We provide gluten free, dairy free and sugar free organic products for people with allergies.
- We stock organic products for new mothers and babies - from herbal teas and nappy creams, to baby foods, nappies, clothing and more...
- We offer qualified health advice for you and your family.

We would love to hear your feedback or any ideas for our future newsletters.

All the best of health, *Kaye and Alan Keats and the team at Cornucopia.*

email: [cornucopiaorganics@gmail.com](mailto:cornucopiaorganics@gmail.com)