



October 2021

Welcome to the October edition of our monthly newsletter. It is easy to feel overwhelmed and disempowered living in a time of a global pandemic with all the uncertainties and restrictions we are faced with. So this month we wanted to focus on supporting our emotional health with practical tips and encourage you all to get out in nature, get your hands dirty and enjoy the Spring and the satisfaction of growing your own food in whatever way you can! In these unsettled times, this can be empowering and incredibly satisfying, whether it's a large garden or small containers!

Time in Nature improves our mental health.

This spring, for both your mental and physical health, consider planting a garden. If you grow fruits and vegetables, you will have fresh produce to enjoy too. You will reduce your cortisol levels and also feel emotionally recharged by being outside in nature.

Cortisol is a hormone released by the body when we are experiencing stress. When the levels remain elevated in our bodies, it can increase our risk of depression, mental illness, impaired immune function, weight gain, heart disease and so much more. Incredibly, spending time in nature can help keep us more balanced. Walking in the bush or on the beach or gardening in our back yard can not only lower cortisol levels, but can also improve heart rate and blood pressure.

So, spending just half an hour with your hands in the soil, surrounded by vegetation, can provide serious benefits for your body, mind and overall health. Practice mindfulness, by becoming fully captivated with what's happening in your garden. Be fascinated by all the small things that are happening right before your eyes. As the saying goes "Take time to smell the flowers and listen to the bees!"

Finding Inner Calm! The world is anything but calm but we can strive to cultivate our own inner calm.

De-stressing, finding ways to lower stress where we can is important for our everyday energy and wellness. Stress impacts on our mood and finding ways to manage stress can help our emotional and mental health.

Daily Priorities, reassessing our priorities is good for us, to help us determine what serves us best or what may not be working so well for us. Finding our focus too helps to give us a sense of calm and direct our energy into where it most needs to go.

Exercise and movement helps general well-being, from mood, to our sleep patterns and healthy energy levels. It encourages endorphin release in the body, helping us feel good and acting as a natural way to boost our mood as well as our energy and fitness levels. Incorporating exercise into your work life and daily routine can really energise your day.



Sleep helps us to restore and provide more energy for the next day. Having a regular sleep routine helps set up a rhythmic sleep cycle in the body, helping a healthy melatonin release. Turning off bright lights and screens and winding down an hour or so before bed can all help support a restful night's sleep.

Our daily diet, the food we consume on a regular basis helps to support our wellness. The eating a rainbow approach helps to give us a large portion of fresh fruit and vegetables each day. Potent superfoods, help to provide more phytonutrients and naturally occurring vitamins and minerals to help our immunity and energy levels.

We generally have the natural ability to adapt to new environments and unexpected changes. So restoring our energy levels and balance with a few tips and some support may help in going forward in our new normal. Ask for help if you need to and do talk to our Naturopaths and Herbalist for more advice and support.

New Products

- Ceres, grain free Cashew, Almond & Apricot toasted muesli
- Goodbye Ouch, Vanilla lip & Skin balm

Monthly Specials (while stocks last)

- All Goodbye Ouch products on special.
- Weleda Sleep & Relax drops & Stress Spray both 15% off
- Weleda Skin Food Intense Hydration Set \$49



Plus More Specials in store

Spring Gardening Tips from Koanga:

Gardening tasks for October include:



- Keep planting salad greens every month
- Foliar feed before full moon with seaweed spray.
- Continue transplanting out into beds all your seedlings, being wary of frosts for some plants like tomatoes.
- Plant maincrop potatoes, carrots, beetroot, jerusalem artichokes, yams all tubers and root crops
- Mound up earlier plantings of potatoes, critical that you either mulch or mound up well to obtain heavy crops and avoid potato worms
- Plant kumara when the Pipiwharoroa puts a tail on his call
- Keep all planted beds weed free and aerated every week if possible on the waning moon
- Plant patches of mustard as a catch crops for shield bugs
- Plant seeds for summer/autumn flowers, sunflowers, zinnias, cosmos, any that you love!
- Plant more corn, beans, courgettes, cucumbers, late tomatoes, lettuce, basil seeds etc
- Mulch as many of your vegetable beds as practical, corn, pumpkins, tomatoes and peppers are easy to mulch.

www.koanga.org.nz

Planting a Food Forest!

Over the last 13 years Jo and Aaron Duff have been developing their 16 acre property Kahikatea

Farm on permaculture principles, aiming to integrate as many useful plants as possible for food, medicine, fuel, fibre and building materials, along with the support species required for shelter, pest control, nutrient cycling and attracting pollinators. They run a certified organic plant nursery which sells over 350 species of



culinary and medicinal herbs, edible fruit and nut plants, perennial vegetables, bee plants, dye plants and more and provide education, courses and garden tours. They have some annual vegetable and herb plants too, that we sell at Cornucopia especially a wide range of tomatoes at the moment. Check them out at www.kahikateafarm.co.nz

Did you know?

- We have all you need to start a garden! Compost, seed mix, seeds, seedlings and more!
- We sell Sethas Seeds, Kings Seeds, Eco Seeds and Koanga Seeds
- A naturopath and Herbalist is in store every day to support you and your family's health.
- The cellulose and paper bags we use for packaging are all completely home compostable and not meant for the landfill.
- We will also compost the Bostock Chicken, Organic Butchery, Ceres, Chantal 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 return/ recycling boxes for empty Millstream Gardens jars, empty toothpaste containers and used, clean toothbrushes, Ultralla deodorant pouches and NOW all Waiheke Herbs jars.

We are proudly certified Organic as a Store with Bio Gro New Zealand



Recipe of the Month!

How to Grow Microgreens

Microgreens are tiny edible greens grown from vegetable or herb seeds. They are harvested when very young - just 1-2 inches long. They are very easy to grow and super nutritious, and you can grow them outside in a garden bed, in containers, or inside on a sunny windowsill.

Grow them in any shallow container with drainage. You don't need much soil because you will be harvesting the plants when they are very young - about two inches of soil will be enough. Fill the containers with good organic seed raising mix, to just below the rim. Larger seeds, benefit from overnight soaking to speed germination and need to be sown thickly, "shoulder to shoulder". Sprinkle the seeds generously over the surface then cover seeds with either a paper towel or piece of fabric, to ensure that they don't dry out - it can be easier to use a paper towel for this because you can see when the towel is drying out and can water straight away. Using a squirty bottle to dampen down the towel works well. As the seeds germinate you will see them lifting the paper towel.

Your microgreens now need light to grow and can be placed either outside in a sheltered position, or inside near a window so they can get enough light. Harvest Microgreens when they have developed their first set of true leaves. You can harvest at the cotyledon stage, harvest at first true leaf stage, or even let them grow on to baby leaf stage! They are your microgreens, so use them as you wish! Most varieties will be ready for harvest about ten days to two weeks after planting.

To harvest, simply snip the microgreens just above soil level. You can harvest just what you need, but if you want to harvest more, they can be kept in a closed plastic container in the fridge and will keep for days.

Thanks to Kings Seeds www.kingsseeds.co.nz for the recipe.



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