



September Newsletter 2019

Welcome to the September edition of our Monthly Newsletter. Although the arrival of Spring means longer and lighter days, those beautiful blossoms can also mean runny noses and itchy eyes for some. Read on for a few tips to ease the season's impact with simple dietary changes and get some info from our gardening gurus too!

Can your diet reduce Allergies?

Healthy eating and a healthy lifestyle go a long way in lessening allergy symptoms. When you follow a high-nutrient diet, you are creating an environment in your body that promotes proper immune function and regulation of the inflammatory response, which may help to reduce allergy symptoms naturally. However, stress, lack of sleep, alcohol, coffee, medications, environmental chemicals and processed foods can all reduce our immunity and increase susceptibility to allergies.

Pollens from grass, trees, and weeds are the main culprits for seasonal allergies and food and environmental allergies are increasing. One theory is the Hygiene Hypothesis, which says that early viral and bacterial exposure activates an immune response that aids the developing immune system, making later-life allergies less likely. So having pets, getting dirty, and having more childhood illnesses and viral infections are associated with a decreased risk of allergies, especially in children.

The following foods may reduce the incidence of seasonal allergies.

- Eat a variety of colourful fruits, vegetables and spices such as turmeric. Antioxidant foods with vitamin C and beta-carotene, reduces the production of histamine.
- Onions, peppers, berries, and parsley, citrus, all contain quercetin which is a natural plant chemical. that can reduce histamine reactions which are part of the allergic response.
- Eat fermented foods high in probiotics such as kefir, sauerkraut, kimchi and cider vinegar and bone broths to support good gut flora and improve immune function.
- Higher omega-3 intake (primarily ALA and EPA) have been associated with reduced risk of seasonal allergies in adults. So eat walnuts, chia, flax and hemp seeds and oily fish.
- Eat Local Honey. If you take small doses of the honey early in the season and throughout, you may start to develop a tolerance toward pollen in your area
- Pineapple has an enzyme called bromelain, which can reduce irritation in allergic diseases
- Drink Nettle Tea which can reduce the histamine uptake and elderflower tea for sniffles and peppermint and green tea can also be helpful for allergies.

Special Offers (while stocks last)

- "Good Health" products on permanent special.
- "Kiwiherb" De Stuff for Kids 100mls now \$35.50 and DeStuff \$36.90
- "Kiwiherb" Herbal Allergy Formula 100mls now \$33.90
- "Weleda" Sinus Drops and Hayfever drops 30mls now \$15.35
- "Weleda" All Face and Lip Care 20% discount.



New Products

- "Revive" snack balls \$2.40ea.
- "Crystal Energy" glass drink bottles 500ml \$16.90 ea.
- "Meadow & Marrow" Bone broth concentrate \$42.99 ea.
- "Ethique" New Bar deodorants. \$20.90 ea.
- "Do Gooder" bamboo toothbrush \$5.50 & ecofloss \$7.00
- "Ceres" Peanut and Hemp Butter Spread \$9.20 .
- "Caliwoods" Spork pack \$8.90 and Stainless Steel takeaway tumblers.\$28.90

Here are some Spring gardening tips from two of our gardening gurus, Jo and Setah !

Setha's Seeds

We are a family run NZ Heritage Vegetable and Flower Seed company and focus on providing healthy vibrant seeds for home gardeners and small scale producers. We grow ALL of the seeds we sell organically in our garden in Hawkes Bay.

Now is such an exciting time in the garden sowing the seeds for summer bounty. Sow your tomatoes, peppers and eggplants in a warm spot as soil temp needs to be steady around 18 degrees Celsius. Also start succession sowing lettuces, rocket, mizuna, tat soi and other leafy greens like silverbeet and kale. It's a great time to sow spring brassicas like broccoli and get some carrots and beetroot underway too. But don't forget about the companion flowers! Hollyhocks, calendula, poppies, lupins, sweet peas, echinacea, stock and sweet william can all be sown now. Roddy, Setah & River Rose



Kahikatea Farms

If you are one of those people who forgets to sow seeds at the right time try stocking your garden with perennial vegetables – plant once and harvest forever! Our range includes skirret, jerusalem artichokes, globe artichokes, bunching onions, leafy greens such as sorrel, salad burnet and fennel and loads more – they will be filling the stands outside Cornucopia in the weeks to come along with our wide range of culinary and medicinal herbs, bee plants, dye plants and companion plants. If you want to learn more about propagating your own plants, why not join our propagation workshop on Sat 21st Sept. You'll come away with lots of plant material including two apple trees you have grafted yourself! More info at

www.kahikateafarm.co.nz/courses Happy Spring planting, Jo Duff.

Spring Detox Smoothie



A healthy smoothie to help you feel great this spring and minimise seasonal allergies

Place the following ingredients in a blender and puree / blend until smooth. Enjoy daily!

- 1 cup nettle tea chilled
- 1 cup fresh coriander or parsley
- 1 cup organic baby kale or spinach
- 1 cup pineapple juice
- juice of 1 lemon or lime
- 1 tablespoon fresh ginger
- 1 tablespoon fresh turmeric
- 1/2 avocado (this makes it creamy)



Snippets and Info

- We have qualified & experienced Naturopaths & Herbalists in store every day to offer advice & support for you and your family.
- Check out our ever expanding Bulk Refill Area for Household products and Food.
- All the packaging we use in the shop is home compostable. We use cellulose bags, not cellophane, brown paper bags and only occasionally home compostable cornstarch bags.
- Bring back your compostable cellulose and cornstarch bags and we will compost them for you if you do not have a compost heap. Please do not put them in the landfill.
- We have a customer car park at the rear of our shop in case you didn't know.



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