



March Newsletter 2018

Welcome to our monthly newsletter with info and tips on all things healthy!

Autumn is officially here! The mornings are cooler but our Hawkes Bay days are still warm and sunny. This year the Autumn equinox falls on March the 21st, the equinox is the halfway point between the summer and winter solstices when the light and dark or day and night are close to equal duration. It is also a time when our immune systems can be challenged with changing weather, and the transition to cooler nights and lower temperatures.

In many cultures including Maori and European this is an important time of year and signifies harvest and is a time to celebrate the fruition of the previous year's endeavours. Here at Cornucopia we have an abundance of Hawkes Bay Autumn produce and are blessed to live in such a productive agricultural region with so many organic growers and producers.

March Specials, while stocks last.

- **Lifestream** probiotics (biokult formula) 30caps now \$19.90 (was \$28.50), 60 caps \$37.90 (was \$49.90), 120 caps, \$55.90 (was \$83.50)
- **Weleda** sleep and relax drops 30ml only \$16.40, 100ml only \$32.90.
- **Weleda** Echinacea thuja 30mls for \$15.90 and the Cold & flu pillules for \$17.90
- **Nordic Naturals** fish oils all on special!
- **Good Health** products - all up to 30% off!

New Products

- **Coco soul** organic coconut water 1.25 litres
- **R.o.a.r** coconut milk powder. \$11.90 for 250 gms and \$19.90 for 500gms
- **Selena health** red & black maca powder sachets. Super concentrated maca. \$2.99 a sachet.
- **Now** soya free sunflower lecithin in powder 500gms \$49.99 and liquid 473mls \$38.90
- **Melrose** MCT oil 500ml \$39.90.
- **Bennetto** 100gm chocolate bars \$6.99 each in 3 delicious flavours.
- **Amazonia** golden turmeric and spices latte powder \$19.90.
- **Nutra Organics** golden turmeric latte \$21.90, bone broth powder \$30.00 and natural gelatin powder \$15.90



Easter is nearly here!

Easter is always calculated as the dates nearest the full moon following the equinox - so this year, Good Friday, the beginning of our Easter break falls on March 30th which makes Easter early this year.

We already have Organic Easter Chocolate for all your dietary requirements, dairy free, sugar free, milk chocolate, dark and raw chocolates too in small and large eggs and bars and rabbits! We will also be selling Hot cross buns and some gluten and dairy free options there too.

We suggest you make an order with us prior to Easter so you don't miss out! We wish you all an enjoyable and relaxing Easter break.

The Packaging Problem!

At Cornucopia our aim is to keep all our packaging out of the landfill. This includes packaging of products that we sell to customers and packaging that we receive from suppliers and producers.

Our goal is for you to be able to shop with us without creating waste that can't be composted at home or recycled. It's a difficult issue and it's not just about educating customers but producers and wholesalers too. The catch phrase before buying anything with packaging is to think of the 4 Rs! REFUSE - REDUCE - REUSE - RECYCLE

We have a large Bulk and Refill section where you can bring your own containers to refill cleaning products, shampoo, conditioner, hand wash, oils, tamari, cider vinegar, and even insect repellent! Or you can use the Rethink produce or bulk bin bags or brown paper bags to put your grains, flours, beans, pulses, nuts, dried fruits, sugar, yeast and more!

We provide recycled boxes for your take home shopping and paper bags but prefer to encourage you to bring your own bag or borrow a Boomerang bag or we sell a variety of organic cotton or string bags, Envirosax and Fair Trade jute bags. We also supply alternatives to assist with the reduction of single use plastic such as glass Keep Cups, glass and stainless-steel drink bottles, straws and meal containers, reusable food wraps, organic cotton and mesh bulk bin and produce bags. wooden dish brushes, bamboo toothbrushes and more!

All our fresh produce waste is donated to Nourished for Nil if it is just 2nd grade or re-used as organic compost, to our home or staff member's organic compost heaps. All of our packaged products that we pack ourselves are either packed in cellophane bags which will break down cut up in a home compost or unbleached brown paper bags. For flours and other items we use paper bags which can be recycled in paper recycling or composted. For packing vegetables we use corn starch bags which can be shredded and composted too. The biggest problem is that plastic is often the cheapest and easiest option for manufacturers. It is therefore up to us as consumers and retailers to let these companies know if we are not happy with their packaging. We welcome suggestions & feedback from our customers, we are doing our best but still have a way to go! Together we can all make a difference!

A big shout out to these companies who are already making a difference!

- Trade Aid, whose chocolate and coffee wrappers are compostable in a home compost in 3 months!
- Ceres Organics whose packaged products are starting to be packed in compostable materials too.
- The Kefir Company and other producers who use glass to pack their products, not plastic.
- La Petite Chocolat as they use brown paper for all their packaging

News snippets

- Our Eftpos rolls are BPA free.
- We do not use any chlorinated or fluoridated water in any aspect of our business.
- We always have a qualified health practitioner on the counter to support you with your health!
- We are Biogro certified and this allows us to carry the Biogro logo.

Raw: Chocolate Coconut Fatbombs



Ingredients

- 1 cup organic EV coconut oil
- ½ cup raw cacao powder
- ½ teaspoon vanilla bean powder
- Pinch of sea salt
- 1-2 drops of organic peppermint essential oil
- 5 drops of liquid stevia, raw honey or natural sweetener of choice (optional)

Instructions

1. Process all the ingredients together in a food processor until the mixture is smooth and creamy.
2. Pour into ice cube trays or silicone molds and freeze.
3. Once frozen, pop the coconut oil fat bombs out of the molds and store them in a freezer zip lock or jar. Enjoy!

Coming Up in April



Organic Week NZ 9th - 15th April. www.organicweeknz.co.nz. In Hawkes Bay we will have specials, demos & lots of promotion on organics to raise awareness on the importance of Organic foods.



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