



## May Newsletter 2018

Last Month from 9<sup>th</sup> -15<sup>th</sup> April, New Zealand celebrated its first ever Organic Week. The idea was to showcase to the wider public the diverse and wide ranging organic products, producers, growers and suppliers here in Aotearoa. At Cornucopia we wanted to highlight and showcase what is happening locally, with the abundant number of organic suppliers. We gave away a Bostock's organic apple with every purchase and had specials on True Earth carrots, pumpkins and potatoes. Bostock's Chickens were on special too as well as The Organic Butchery. We had tastings everyday too from different suppliers, from Wrights Sprout's to Heathers Feijoas and La Petite Chocolat, Kombuchu King, Hohepa Cheeses to name a few. It really did highlight how fortunate we are to have such an abundance of organic growers and Artisan producers here in the Bay.



### May Specials, while stocks last

- *Bennetto* Organic Fair Trade Chocolate only \$5.90.
- *Nutralife* Kyolic aged garlic capsules 60's \$25.90, normally \$41.90
- *Nutralife* Ester C with bioflavonoids 100mgs, 200 tablets. \$47.90, normally \$79.90

Plus more specials in store

### New Products

- *Supernatural Wines* Biogro certified organic wines from Hawkes Bay.
- *Naturale* Stick Deodorant in environmentally friendly cardboard container. \$17.90.
- *Weleda* Beauty Balm tinted day cream in 2 colours: nude and bronze. \$22.90.
- **NEW!** *Harker Herbals* Be Well Herbal tonics, 250ml bottles and opening specials!

### What does Organic really mean?

We were asked this question throughout Organic week so here is our explanation. *Organic food* is produced without the use of man-made fertilisers, hormones, pesticides, growth regulators and livestock feed additives, and without the use of GMOs.

*Organic agriculture* though is more than just spray or residue free. It is a holistic style of farming where the health of the soil and environment is prioritised, including the surrounding flora and fauna. Farmers provide positive care for the environment by focusing on the long-term health of their land, waterways, soil and livestock rather than the short-term gain. Organic production is the only sustainable option for benefiting ourselves, our environment and future generations. (Courtesy of Soil and Health)

*Organic Certification* offers an independent, third-party assurance that the food products you purchase have been produced to full organic standards. Look for the following certification symbols to feel confident in the organic products you are purchasing. And don't forget at Cornucopia we are certified as a store with Biogro, so you can feel confident that we are following organic guidelines.



## About Organic Food Certification Symbols

There are four recognised organic certification schemes in New Zealand. While they all differ by degrees, their basic rules are the same, no short cuts to conversion, rigorous testing of soils and composts, clear records of inputs, and protection of product from any possible contamination. These four bodies all have their logos here in these pages and on packaging in the shop. If a product doesn't meet one of these standards we label it uncertified.



**Organic Farm New Zealand** was set up by Soil and Health and funding provided by MAF as a low-cost certification scheme for smaller growers and those wanting to supply the domestic market only. It is based on a system of peer review, and growers are encouraged to sell locally. OFNZ certification follows the Bio-Gro Standards



**BioGro** is New Zealand's largest and best-known certification body. Established in 1983, it is the trading arm of the New Zealand Biological Producers and Consumers Council (NZBPCC), a not-for-profit organisation formed to safeguard the interests of producers and consumers of organic food and increase the awareness and demand for certified organic produce. Biogro certifies for the domestic and export market.



**Demeter** is a worldwide organization in 50 countries, and its brand is the symbol for food produced using bio-dynamic principles, developed by Rudolf Steiner, including specific preparations and homeopathic remedies. Growers pay levies on produce sold and Demeter produce commands the highest prices in Europe. The NZ Farming and Gardening Association manages Demeter certifications here in NZ



**AsureQuality** is accredited by the world's leading organic organisation IFOAM (International Federation of Organic Agriculture Movement) It is a NZ Government owned and subsidised enterprise, AsureQuality certifies a vast range of produce and products for the domestic and export market.

## Homemade Almond Milk

Shop bought almond milk is in tetra packs which cannot be recycled and is only about 3-5% almonds! So why not make your own.



### Ingredients

- 1 cup raw organic almonds
- 3 -4 cups water
- tiny pinch of sea salt
- ½ teaspoon vanilla

### Instructions

Soak almonds for about 8 hours in pure water with 1/2 tsp sea salt. This is an important step as it breaks down the phytic acid and enzyme inhibitors and cultures beneficial enzymes in the almonds. The longer the almonds soak, the creamier the finished milk will be. Drain the soaking water and rinse well.

In blender combine almonds and water along with vanilla, or other optional ingredients until creamy and smooth. Strain mixture into a bowl through muslin. Pour into glass jar and refrigerate for up to four days.

Save the almond pulp for biscuits, bliss balls etc. Enjoy!

### Reminders!

- Delicious seasonal fruits: organic feijoas, persimmons and tamarillos at great prices!
- Don't forget to return your boomerang bags to us or to Chantal's in Napier!
- Check out our Book Exchange and do drop any unwanted books in for others to enjoy!
- We always have a naturopath / Herbalist in store to support you and your family's health.
- We often have kombucha scoby's and kefir grains in store to give away.

Keep well and warm during May and for our June newsletter we will be focusing on Winter Wellness and immune support.



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