



# CORNUCOPIA ORGANICS

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## August Newsletter 2019

Welcome to the August edition of our monthly newsletter. This year is flying by and Spring is definitely around the corner, although the cold winds are reminding us that winter is still with us! Last month we profiled Plastic Free July and this month we are promoting Fair Trade Fortnight and we give you a brief run down on types of Vitamin C to help you through the rest of the winter!

### Fair Trade Fortnight, August 2nd – 15th

This is a worldwide campaign to raise awareness and to support, protect and empower farmers and workers in developing countries and to promote certified Fair Trade products to the general public. The initiative, now in its 14th year, helps Kiwis be aware of what they purchase, as well as being a reminder of their power as a consumer – to help shape and create a better life for international workers in trade. It enables growers and farmers to be in control of their businesses and farms using environmentally sustainable farming methods, to be paid a fair price and to be able to invest back into their local community to support schools, health services etc.

It is important that our buying choices are not hurting the people who make products and grow our food. Every time you buy something you are making a choice about where your money will go. Fair Trade certification ensures that the money you spend protects the farmers and communities in the countries where some of our food is grown.



Look for the certifications below. When something is certified, you can be assured that strict regulations are in place to ensure your food isn't coming at a high price for the people who made it. Support Fair Trade and check out their website for more info [www.fairtrade.org.nz](http://www.fairtrade.org.nz)

### Special Offers (while stocks last)

- *Naturopaths Own Daily C*, 200gms \$41.50
- *Lifestream Gut Sooths*, \$35.90
- *Ceres Rice Cakes* \$2.50 & *Rice Crackers* \$2.70



### New Products

- *Proper Crisps*, certified organic potato crisps from Nelson \$5.90 .
- *Hillcroft* certified organic Hawkes Bay Shitake Mushrooms \$5.90
- *Cathedral Cove* Coconut yoghurts. \$10.80 for 500gs & \$7.20 for 300gms
- Kiriwai deodorants in glass jars \$16.90
- No 8 deodorants in cardboard tubes and natural perfumes too.



## Which Vitamin C is right for me and my family!

Vitamin C is one of the most powerful nutrients known to man, it is a water-soluble vitamin that must be obtained from the diet or supplements as we do not make it or store it in our body. It is linked to many health benefits, such as boosting immunity, increasing antioxidant levels, reducing blood pressure and heart disease risk, improving iron absorption and more.

There are several types of Vitamin C and here is a quick rundown of the types that we sell!

- **Natural Vitamin C** from Acerola berries, rosehips, Amalaki or other Vitamin C rich fruits. Natural Vit C supplements are more bio available and remain longer in the body than synthetic ones.
- **Ascorbic Acid** is vitamin C in its basic form but it can upset the stomach due to the acidity.
- **Mineral Ascorbates** – also known as ‘buffered’ vitamin C, mineral salts (mineral ascorbates) are less acidic and are often recommended to people who experience gastrointestinal upset with plain ascorbic acid. Most common mineral ascorbates include sodium ascorbate ( SA) calcium ascorbate, potassium ascorbate and magnesium ascorbate. Mineral ascorbates are usually more expensive than ascorbic acid but much gentler on the gastrointestinal system.
- **Ester-C®**. This version of vitamin C contains mainly calcium ascorbate and vitamin C metabolites, which increase the bioavailability of vitamin C
- **Vitamin C with bioflavonoids** – Bioflavonoids are polyphenols found in vitamin C-rich foods. They increase the absorption of vitamin C when they are taken together.
- **Lypospheric Vitamin C gel** uses liposomes made from essential phospholipids (fats) to protect Vitamin C from destruction. It bypasses the absorption barriers in the digestive system and goes straight into the bloodstream and cells intact. It is more bioavailable than other vitamin C but also more expensive.

During illness, the amount of Vitamin C can be increased to hourly or 2 hourly up to bowel tolerance. Ask our Naturopaths and Herbalist about the best type of Vitamin C and correct dosage for you and your family.

## Homemade Vitamin C Gummies



### Ingredients

8 tsp gelatin powder  
1 cup juice -- not pineapple!  
2 TBSP honey optional  
vitamins of choice such as vitamin C or probiotics

### Instructions

Combine the juice, gelatin, and honey if using in a small sauce pan and whisk to incorporate.

Heat slightly over low heat until gelatin is completely dissolved. It will be thick and somewhat syrup-like. Remove from heat and whisk in vitamins and probiotics if using. Very quickly pour into moulds or a small glass dish lightly oiled with coconut oil and put in the freezer for 10 minutes to harden.

Remove and pop out of moulds. Cut into squares if needed.

Serve and enjoy!

## Snippets and Info

- Buy any Fair Trade product and go in the draw for a basket of fair Trade products.
- Check out our ever expanding Bulk Refill Area for Household products and Food.
- Bring your empty containers for refilling and leave them with us to pick up later filled!
- We have a customer car park at the rear of our shop in case you didn't know.
- We have qualified & experienced Naturopaths & Herbalists in store every day to offer advice & support for you and your family.



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