

September 2021

Welcome to the latest edition of our monthly newsletter. At Cornucopia we have been open through all the Covid 19 alert levels as an Essential Service and we thank all our customers for your support.

We were looking forward to celebrating Organic Week this month, which is New Zealand's largest annual celebration of all things organic, brought to you by the collaboration of Aotearoa's organic community, but unfortunately due to Covid 19 restrictions, Organic Week is mostly being held online this year. So check out the Organic Week NZ online Speaker Series at [www.organicweek.co.nz](http://www.organicweek.co.nz) where you can hear from organic farmers, growers, chefs and brands and discover how organics can help our health, our communities and our planet to thrive. At Cornucopia we have specials and info on Organics and an Organic gift basket to be won.



Organic Week Aotearoa

11th - 19th  
September 2021

#### What is Organic agriculture?

Organic agriculture 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, focusing on the long-term health of the land, waterways, soil and livestock rather than the short term gain. Organic products are made without genetic modification (GMO's) or synthetic pesticides or herbicides. Animal welfare and supporting and sustaining rural communities is paramount. It is the only sustainable option for benefiting ourselves, our environment and future generations.

#### What is the difference between organic and certified organic?

Certified organic products have been checked, audited and certified by a trusted certification agency here in Aotearoa like BioGro. Assure Quality, Organic Farm NZ and Hua Parakora.

The consumer cannot be sure that an organic product is authentic unless it has a certification logo on the packaging. Every organic farmer, producer or manufacturer is audited every year to ensure they maintain the standards necessary for certification.

**Greenwashing** is the marketing or promotion of a product as more sustainable and organic than it may be. Avoiding greenwashing is as simple as looking for organic certification logos on packaging.

#### Organic food – what is it and why is it better?

Organic food is more than just 'spray-free' or 'residue-free'. Organic food is grown naturally without the routine use of synthetic pesticides or fertilisers. Organic farmers aim to produce sustainable, healthy and nutritious food from a balanced living soil, crop rotation and minimal processing.

#### Why does organic food sometimes cost more than non-organic food?

When you choose organic food you are paying for the real cost of food. Although non-organic produce is commonly less at the end of the supply chain, you may actually be paying more elsewhere. e.g. cost for health implications experienced, lesser quality ingredients, and clean up costs for environmental impacts etc. As more funding becomes available to the organics industry for research and development and more people buy organic, the costs will reduce and be passed on to the consumer.

#### New Products

- *Tempeh Deli* Lupine Tempeh only \$6.20 pkt.
- *Mama Zing* Medicinal Mushroom Powders \$ 33.00 a pkt.
- *Little Island* Cashew and Coconut and Almond and Coconut yoghurts.

#### Monthly Specials (while stocks last)

Permanent specials in store plus Organic Week specials too.

Check out our low prices on many products!

**Plus More Specials in store**



## Should we be concerned about pesticide residues?

Every mouthful of non-organic food we eat is also a cocktail of pesticides.

Many of these have not been adequately tested to see what effects they may produce, particularly long-term ones. The little testing that is carried out does not reflect actual human exposure to a multitude of chemicals, nor does it usually test the most vulnerable – the foetus and young child. We do not know enough about the effects of these chemicals in our food.

However, there are various serious long-term effects associated with particular pesticides including endocrine or hormonal disruption, cancer, immune system suppression, nervous system damage, genetic damage and birth defects. We also know that various pesticides used to grow food have damaging effects on wildlife and the ecosystem.

## Reduce pesticide load: EAT ORGANIC!

If you buy organic food then you will be significantly reducing the pesticide load on your body. This is particularly so for infants and children, as they take in more food in proportion to their body weight than adults do, and they also tend to eat more of the types of food that are more heavily sprayed, such as fruit, bread and crackers. Studies have since reasserted the finding that dietary intake of pesticides represents the major source of organophosphate exposure in children which can contribute to neurological damage and learning difficulties.

## Organic Certifications

Genuine certified organic products can be identified through the Organic Certification logos, shown below.

Organisations such as BioGro, Hua Parakore, AsureQuality and OFNZ audit the farmers and growers annually to ensure that the products meet the certification requirements.

They do this so consumers can glance at a label and feel at ease that what they are purchasing is genuinely what it says it is.

The following labels ensure that the product is New Zealand Certified Organic. Look for these logos when choosing NZ grown certified organic products.



## Did you know?

- If there is a product we do not have in stock we will try our best to get it for you.
- 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, Ultrella deodorant pouches and NOW all Waiheke Herbs jars.

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



## Seleno Health Cacao & Maca bar

*This treat is macamazing!*

Thanks Seleno Health!

### Ingredients

- 1/4 cup coconut oil
- 1/4 cup almond butter
- 1/4 cup tahini
- 1 teaspoon - 1 tablespoon honey
- 1 heaped tablespoon Seleno Health maca powder
- 1 heaped tablespoon Seleno Health Cacao powder
- 1/2 tsp cinnamon
- pinch sea salt

### Method

On a gentle heat warm the coconut oil, almond butter, tahini & honey in a medium saucepan.

Once wet ingredients are mixed together, add the dry ingredients to the saucepan and mix well.

Pour mixture into a lined loaf tin and pop in the freezer.

Once solid, cut into slices & eat straight from the freezer, or let them sit a few minutes to soften.

These don't hold their shape too long in summer so store in the fridge or freezer.



You can follow us on and by searching for us @cornucopiaorganics

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