

Welcome to our seasonal newsletter. March marks the official start of Autumn with cool crisp mornings and darker days. It's tough saying goodbye to summer, for our physical and emotional health. Therefore, our Autumn update is packed with health and well-being tips for you and your family along with updates on our new products, specials and our latest campaign.

Happy Easter

Easter is just around the corner, and we can't wait to indulge in delicious hot cross buns, Easter chocolate and even set the scene with the beautiful Hohepa Easter candles. We have a delicious range of organic fairtrade Easter chocolate made from some lovely local New Zealand chocolate



companies that support the fairtrade movement, are ethical, sustainable and use ecofriendly packaging.

Winter opening hours

Monday to Friday:.....8.00am – 5.30pm

Saturday:.....8.30am – 3.30pm

Sunday:.....Closed

Effective from April 2026.

Natural Skincare Campaign

During 2026, we will be running a Natural Skincare Campaign, profiling one organic or natural skincare supplier each month with an awesome instore and online giveaway.

The goal of our campaign is to promote local, sustainable and ecofriendly brands that harness the power of plant-based and nutrient rich ingredients. These products are gentler on our skin, reduce irritation for sensitive skin and promote long term skin health as they are rich in antioxidants. By choosing quality natural products, we're caring for both our skin and the environment.

A big congratulations to the lucky winners so far and a big thank you to our lovely local suppliers for sponsoring our campaign.

January:

My Sunshine: Sam (instore) & Theresa (online)

February:

Weleda: Asha (instore) & Amelia (online)



During March, we will be profiling Living Nature, New Zealand's original, certified natural skincare company. Living Nature have harnessed the purifying, healing and nourishing power of New Zealand's native botanicals. Pop in to check out our range from these awesome local, sustainable and natural skincare suppliers and to check our awesome giveaways.

Staff Profile: Penny Zielinski – Award-Winning Skin Health Specialist

Meet Penny Zielinski, the founder of Hawke's Bay Skin Clinic.

Penny is a qualified Naturopath and skin specialist who we are proud to have working with us here at Cornucopia.

We're thrilled to announce that Hawke's Bay Skin Clinic has been awarded the New Zealand Prestige Awards for Best Skin Clinic in New Zealand — a testament to Penny's dedication, expertise and personalised care.

Penny is passionate about helping clients manage concerns such as eczema, psoriasis, acne, rosacea and other chronic skin conditions. She takes a holistic, evidence-informed approach and her philosophy is simple — healthy skin starts from within. Penny works to support long-term skin health rather than just treating the symptoms. She does so by addressing internal and external microbial balance, stress, inflammation, immune responses, and nutritional imbalances.

We are lucky to have Penny working as part of our team of qualified Naturopaths. If you are looking for someone to help you manage skin or other health concerns, pop in to chat with Penny who is working with us here at Cornucopia on Monday and Wednesday mornings along with one Saturday a month.

Penny's Top 5 Skin Health Tips

- 1. Choose gentle laundry products:** If your skin is prone to rashes, avoid harsh chemical detergents. Choose eco-friendly liquid detergents, as powders can remain trapped in fabric fibres and irritate your skin.
- 2. Wear breathable fabrics:** Natural fibres such as cotton are best worn against the skin. When we perspire, we release histamine, which can increase itchiness, so breathable fabrics help reduce irritation.
- 3. Be gentle with acne and rosacea-prone skin:** Avoid cleansers that strip the skin of its natural oils. Over-cleansing can signal to the body to produce even more oil, potentially worsening breakouts and inflammation.
- 4. Nourish dry skin from within:** If your skin is dry and flaky, consider increasing the amount of healthy fats in your diet, such as fish oil and hemp seed oil. These support skin barrier function and reduce inflammation.
- 5. Reduce heating foods if your skin is hot and irritated:** Try reducing heated herbs and spices as these can aggravate redness and sensitivity.



Health & Wellbeing Tips from our Team

- **Ensure you get enough sleep.** Aim for 7-9 hours of quality sleep each night to allow your body to rest and repair itself. It's also important you stay hydrated with water and herbal teas, which we have a wide selection of in-store. Herbal tinctures are also a great way to help boost your immune system and something we can cater to your individual needs.
- *Vivienne, Naturopath*
- **At the first sign of a cold, dose up on Vitamin C:** As the weather cools, it's helpful to support your immune system early if you notice a scratchy throat, fatigue, or a runny nose. Vitamin C plays an important role in immune defence and in maintaining the integrity of our internal tissue barriers — including the respiratory and gut lining. These barriers act as our first line of protection against viruses and bacteria. Zinc is another key nutrient for immune resilience and tissue repair. Nutra-Life Liposomal Vitamin C with Zinc + Vitamin D is a convenient all-in-one option, and Naturopath's Own Daily C Powder is another great choice with added nutrients.
- *Penny, Naturopath*
- **Keep your family healthy with Weleda Family Cough & Cold Kit:** To stay healthy through the changing seasons, always have Weleda Echinacea/Thuja Comp, Weleda Cold and Flu drops or pilules and Weleda Throat Relief Spray on hand and take at the first sign of a cold or a flu.
- *Julie, Naturopath.*
- **Get your daily dose of Vitamin D:** Vitamin D is essential for supporting immune function against winter illnesses, maintaining bone health by aiding calcium absorption, and supporting mental health to combat those "winter blues". Vitamin D3 is the most active form of vitamin D, often used to correct deficiencies, improve mood, and enhance muscle function. I recommend Goodhealth Vitamin D3 for adults and Whole Earth & Sea Kids Vegan D3 Drops for children.
- *Adele, Naturopath.*
- **Eat seasonal.** Seasonal produce contains more vitamins, nutrients and antioxidants as they are grown in the best soil conditions at the right temperature. Eating seasonal not only benefits your health, but it also helps support our hardworking local organic growers, such as John (pictured below). John and Tanya from Early Bird Organics always deliver the best quality BioGro certified organic produce. Our autumn favourites include figs and feijoas, as both are rich in vitamin C and fibre, apples, pears, kiwifruit as well as kumara, pumpkins, broccoli and cabbages.
- *Willow, Manager*



EASTER TRADING HOURS 2026

- Friday 3rd April – PUBLIC HOLIDAY – CLOSED
 - Saturday 4th April - Normal trading hours
 - Monday 6th April - PUBLIC HOLIDAY – CLOSED
- From Tuesday 7th of April we start our winter trading hours: Monday – Friday 8.00-5.30pm, Saturday 8.30am – 3.30pm. Closed Sundays.

Autumn Immunity Shot

Get your daily dose of turmeric, ginger and lime in this delicious ready to drink shot! Choose between the ready-to-drink option or concentrate, which can be enjoyed hot or cold.



Some of our New Products

- **Inukā, kānuka Infused charcoal lemonade**, \$4.90 (250ml)
- **Weleda Skin Food Super Serum**, \$39.90 (30ml) and **Skin Food Glow Serum Drops**, \$32.90 (30ml)
- **Millstream Gardens Gift boxes**, \$27.90



Some of our Monthly Specials (while stocks last)

- **Viola organics**, 50% off entire skincare range
- **Ceres treats**, 20% off a selected range
- **Kiwiherb**, free giveaway with every purchase (Organic Valerian, Stress & Sleep Support, 50ml, while stocks last)

Did you know, we have everything you need this Easter:

- A wide selection of hot cross buns including gluten free, dairy free, sourdough and paleo
- We have a lovely range of organic fairtrade Easter chocolate from She Universe, Be Happy, Bennetto, La Petite, and Sweet Williams that include dairy free, gluten free, nut free and vegan alternatives
- We have beautiful Hohepa candles, including Easter egg candles
- We have a lovely selection of Ceres treats, Enjoy 20% off a range of sweet treats as part of your Easter shopping
- We have the popular Gratitude Diary for 2026



This newsletter is a collaborative effort written by real people, mostly me, Willow Keats, edited by our amazing founder, Kaye Keats, and designed by our talented employee Kim Alves.

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

221 Heretaunga St East, Hastings

P (06) 876 6248 | E cornucopiaorganics@gmail.com

www.cornucopiaorganics.co.nz

Your One Stop Organic Shop