

Welcome to our seasonal newsletter. Winter is the season of soups, broths and healthy homemade meals. Since winter ailments thrive in cold, dry air, it is important to improve our nutrition in the winter months to help avoid getting sick. Therefore, our winter 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.

Supplier Profile: Antipodes - NZ owned and made

During June, we will be profiling Antipodes as part of our Natural Skincare Campaign, with an awesome instore and online giveaway. Antipodes are New Zealand founded, owned and made and a trailblazer in high-performing natural skincare.

Elizabeth Barbalich is the founder and driving force behind the brand. She was searching for natural skincare that offered the same benefits as prestige brands – but using pure New Zealand ingredients that were independently and scientifically validated. That personal quest turned into a scientific green beauty brand which has won global awards for combining nutrient-rich New Zealand bioactive ingredients with science and innovation to produce high-tech, premium formulations.

With research, testing, and results that outperform their peers, Elizabeth has now been taking Antipodes from Wellington to the world for more than 20 years.

Pop in to check out our range of Antipodes products. Any purchase during June puts you in the draw to win a beautiful instore hamper (value, \$276). We also have an online giveaway (value, \$310). Follow us on Facebook and Instagram to go in the draw to win the online giveaway.



5 Skincare Tips from Elizabeth, Antipodes Founder & CEO



1. Take a holistic approach

It's a cliché, but getting the big things right – nutrition, exercise, stress and sleep – are key to healthy skin. As CEO, my health needs to be in tip top shape to manage the demands of a busy company. When those things aren't in balance, it shows on my skin in the form of dullness, dehydration and breakouts.

2. Double cleanse

Cleansing is the foundation of healthy skin, so I never miss this step, even when I'm out late. For a thorough, rejuvenating cleanse, take two. Double cleansing removes makeup, lifts impurities and gently exfoliates dead cells – giving skin a fresh start.

3. SPF daily

Healthy skin needs SPF, whatever the season. My only rule for application is a simple one: use it daily, religiously and without fail. I apply my SPF at the end of my routine before I do my makeup.

4. Get your 5+ a day – inside and out

I try to start the day with a green juice so I can get lots of antioxidant-rich fruits and vegetables into my diet right off the bat. Antioxidants are key to protecting skin against cellular damage caused by free radicals.

5. Oils and gels make great highlighters

After your day cream, a few drops of a face oil can provide subtle highlights or a dewy sheen – and deliver an extra nutrient-boost that makeup simply can't. Apply a few drops of Divine Face Oil or Glow Ritual Vitamin C Serum to the tops of your cheekbones and brow bones.

Winter opening hours

Monday to Friday:.....8.00am – 5.30pm
 Saturday:.....8.30am – 3.30pm
 Sunday:.....Closed

Natural Skincare Campaign

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

The goal of our campaign is to promote local, natural and sustainable 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 congrats to the lucky winners so far and a big thank you to our suppliers for supporting our campaign: My Sunshine, Weleda, Living Nature, Lamav, The Herb Farm and Antipodes!



Staff Profile: Adele Thompson

Meet Adele, a qualified Naturopath and Medical Intuitive Healer, who has been working with us here at Cornucopia Organics for more than 10 years.

Adele is passionate about natural health and a strong believer in organic food as the best possible source of medicine. She has been working as a naturopath since 2008 and runs courses and workshops alongside seeing clients in the Cornucopia Health Clinic. Her specialty is polarity and energy healing. Adele works with clients 1-1 and does short 5 to 10-minute consultations on the shop floor when working at Cornucopia Organics (Friday mornings and Saturdays).

She believes that it is important to improve our nutrition in the winter months to help avoid getting sick as there is less sunlight and more bugs in the air.

Adele's top 5 tips to fight ailments this winter:

- 1. Stay warm and rested:** This helps your body to direct its energy correctly. Being cold or rushing around taxes the body and robs your immune system of the energy it requires to fight infections and to keep the body in a healthy state.
- 2. Try saltwater flushes:** These help to treat a stuffy nose and relieve sinus pressure. Saltwater breaks up nasal congestion while removing virus

particles and bacteria from the nose.

- 3. Drink heated liquids:** Avoid cold drinks as cold fluids force the body to heat the fluids back up before the body can process the nutritional content. Drink teas and tonics instead of cold drinks.

- 4. Eat soups and nourishing food:** Soups and broths are easy for the body to digest and are packed with nutrients the body needs to fight off an infection. Try Adele's soup recommendation below.

- 5. 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".

Winter Wellness Workshop with Adele

Date: July (Date & Time TBC)

Location: Cornucopia Organics

Book: Sign up at Cornucopia Organics

Discount: 10% off any purchase after the workshop, conditions apply!



Some of our New Products

The Odi range: Nutrient-dense food for every stage

- **Baby Puree Pouches**, \$4.49 each
- **Real snacks for growing kids**, \$12.99 each
- **Baby Puree Powders**, \$4.50 each
- **Bone Broth Boosters**, \$34.99 each

Hawkes Bay mum, Gina Urlich, is a Clinical Nutritionist and founded Odi with one clear mission, to nourish the next generation with the most nutrient-dense food possible.



Some of our Monthly Specials (while stocks last)

- **Nutra Organics, Bone Broths range**
- **Weleda products, Coughs and Colds range**
- **Rainbow Kitchen Pies** (Look out for the yellow special stickers)



Skincare workshop with Penny Zielinski – Award-Winning Skin Health Specialist

Join Penny for a free workshop on eczema and skin health.

Penny will discuss the underlying causes of eczema and common triggers that contribute to flare-ups, including immune function, microbial balance, inflammation, nutrition and lifestyle factors. She will share practical strategies to support skin healing naturally and explore holistic approaches that may help reduce reliance on cortisone creams while supporting long-term skin health.

Penny is a qualified Naturopath and skin specialist who works with us at Cornucopia Organics.

Date & Time:

Saturday 13 June, 3:30–4:30 pm

Location: Cornucopia Organics

Bookings: Sign up at Cornucopia Organics – limited spaces available.

Special Offer:

Receive 10% off purchases after the workshop (conditions apply).



Hearty Ancient Grain Soup


Ingredients:

- 1 cup of organic onion, celery, parsnip, spinach and carrot roughly chopped
- 4 tablespoons Organic Olive Oil, Extra Virgin Cold-Pressed
- ½ teaspoon chili paste
- 2 tablespoons Organic Tomato Paste
- 8 cups Nutra Organics Vegetable Broth
- 1 can Organic Tomatoes, Chopped
- 1½ cups Organic Ceres Ancient Grains Soup Mix
- 2 bay leaves
- 1 bunch fresh coriander, roughly chopped
- Salt and pepper to taste



Method:

- Roughly chop onion, celery, parsnip, carrot and any other vegetables you wish to use.
- Heat olive oil in a large saucepan at medium heat. Add chopped vegetables, cook for 3 minutes, or until softened. Add chili paste and tomato paste, stir fry for 1-2 minutes. Add stock and chopped tomatoes, bring to the boil, then reduce to a simmer.
- Add Ancient Grains Soup Mix, spinach and bay leaves. Continue to simmer for about 35 minutes, or until grains are cooked. Take off heat and remove bay leaves. Serve garnished with coriander.

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

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