

the future is fair

August 2021

Welcome to the August edition of our monthly newsletter. We are highlighting Fair Trade Fortnight for the next two weeks so I hope you will keep a look out for the Fair Trade logos on products, your support can change lives in developing countries! A reminder too that with Spring around the corner so too comes seasonal allergies, so a reminder of how to keep them at bay and to keep supporting your immunity !

Welcome to Fair Trade Fortnight 6-19th August 2021

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. It is a great time to reflect on the power of our choices and to create a better future for the planet and its people.

Buying Fair trade means you are helping to combat very serious global issues. Many of these share a single root cause – and that is extreme poverty. Farmers, workers and their communities around the world face poverty, inequality, gruelling conditions and in some industries, risks to their lives – all in an effort to grow and make the things we pop into our shopping trolley.

The Fair Trade movement empowers millions of farmers and workers around the world by tackling poverty and poor working conditions, as well as conserving the environment. Fair Trade certification offers hope for a better future and the promise of change. It gives farmers and workers a better income and the power to make their own choices.

Choose Fair Trade

To buy a Fair Trade product means you are a part of one of the largest movements for change. Fair Trade certification can help lift a farmer or worker out of poverty, it can give a child an education and grow a community or a business. This means they can make their own decisions, control their futures and lead the dignified life everyone deserves. Fair Trade is a tool for a better life for farmers, workers and their families. Take action today by making a commitment to look for products featuring the Fair Trade logo and know that with each Fair Trade purchase you are making a real difference to lives in developing countries.

New Products

- *Vutter* Vegan butter \$2.90 & \$5.90
- *Everkind* Organic Baby Balms \$32.00
- *Miabelle* NZ made Organic skin care range.
- *Weleda* New Shower gels, Energy, Harmony & Relax, \$18.90

Monthly Specials (while stocks last)

- *Good Health & Go* Healthy Products on permanent special.
- *Lifestream & Harkers* supplements most on permanent special.
- *Miabelle* skin care, buy 2 products and receive 10% discount!
- *Lily Bee* beeswax wraps A free small wrap with every single size wrap!

Plus More Specials in store



choose the world you want.



Spring is definately around the corner so if you suffer from seasonal allergies here are a few reminders! These tips may help you to get your allergies under control naturally, but do pop in and chat to one of our Naturopaths for any further immune system support.

- **Drink Nettle Tea**, two-plus cups daily before allergy season begins & during too, or as a tincture 2-3 mls 2 x daily.
- **Raw apple cider vinegar**, 1 tsp in warm water before meals
- **Raw local Honey** The bee pollen in honey can help to desensitise the body to the pollens in the air and help to build up a resistance to local pollens.
- **Echinacea** and/or **Astragalus** are herbs that balance the immune system, and can be combined with other herbs such as Elderflower, Albizzia, Baical skullcap and nettle.
- **Homeopathic remedies** such as Allium cepa, Euphrasia, Sabadiila or Histamine may be helpful but it is best to consult with a Homeopath.
- The combination of **Vitamin C** and **bioflavonoids** help reduce inflammation caused by histamines. The recommended daily dose is 3- 4000mg in divided doses through the day.
- **Quercitin** is one of the best natural antihistamines (2-4 500mg capsules a day)
- **Vitamin A** and **Zinc** are integral nutrients to help stabilise mucous membranes, reducing mucous production and irritation.
- **B vitamins** help strengthen adrenal function, which is involved in the immune response, and reduce stress.
- **Turmeric** with its active ingredient curcumin can prevent the release of histamine from mast cells.
- **Omega-3 fatty acids** may assist by dampening down the production of inflammation in the body. Good sources of omega-3 fatty acids are oily fish, such as sardines or salmon, walnuts, flaxseed, chia seeds & hemp seed oil.
- **Probiotics** will support good gut flora and improve immune function. Eat fermented foods and add garlic, onions, sour dough breads and acidophilus yoghurts.
- **Avoid or reduce** wheat/gluten, sugar and dairy products as they can exacerbate the allergic response.

Organic Week Aotearoa 11th - 19th September 2021

Organic Week is New Zealand's largest annual celebration of all things organic, brought to you by the collaboration of Aotearoa's organic community, which includes farmers, growers, producers, retailers and consumers! There will be happenings all around the country. At Cornucopia we will be highlighting our awesome organic producers with in store tastings, free samples and specials all week long. So look out for more info and check them out on <https://www.organicweek.co.nz>

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



Fair Trade Cookies!

These dark chocolate and banana cookies have a cake-like texture, and are totally organic and made with as many certified Fair Trade products as we could find!

Preparation time: 10 minutes

Cooking time: 10 minutes

Servings: 16 cookies

Ingredients:

- 2 Fair Trade organic bananas mashed
- 1/4 cup Fair Trade coconut oil melted
- 1/4 cup Fair Trade Golden sugar.
- 1 large egg
- 2 teaspoons Trade Aid vanilla extract
- 2 cups flour of your choice (we used organic spelt flour)
- 1 cup organic desiccated coconut
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon Trade Aid ground cinnamon
- 100g Fair Trade dark chocolate chopped

Preheat oven to 180 C. In a large bowl, beat mashed banana, coconut oil, sugar, egg, and vanilla until mixture is smooth. Add flour, coconut, baking powder, baking soda, salt, and cinnamon, and mix until a dough forms. Fold in chocolate chunks/chips. Using heaped teaspoons of the dough, place on prepared baking sheets and allow for spreading. Bake for 10-12 minutes or until edges are lightly browned. Cool for 5 minutes before eating.

Delicious with a cup of Fair Trade tea, coffee or hot chocolate!

(Adapted from a recipe from Common Sense Organics)



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