

Welcome to the March edition of our monthly newsletter. With Summer officially over, but the weather still warm and sunny, now is the perfect time to sow your Autumn and winter garden if you haven't already started. We have some Autumn gardening tips and also some suggestions for finding calm and coping with the uncertainties and changes in everyday life in this Covid world.

## Autumn Gardening

It doesn't take much, a few vegetable beds, some seed or seedlings, a couple of hours a week and you can put vegetables on the table right through autumn and into winter!

The key to a successful autumn harvest is timing, and the time to start your Autumn and winter garden is now! Vegetables grown in this season need about 14 extra days to mature compared to spring sown crops due to shorter days, cooling soil and less intense sunshine.

In mild winter areas, you can sow even more garden favourites for harvest in autumn, winter and even into next spring. Seeds of annual flowers that thrive in cool weather can also be sown now.

Many vegetables can still be grown to maturity before the first frost even where the winters are cold and the ground hard. When choosing varieties select ones that are fast maturing to ensure a harvest before the cold weather.

*So get going and read below for some great advice from Kings Seeds.*

**Start sowing your winter vegetable crops.** Sow cabbage, cauliflower, broccoli and brussels sprouts, and protect brassica seedlings from white butterfly.

It's also time to sow beetroot, spinach, carrots, leeks, rocket, silver beet & lettuce.

**Sow small quantities of seeds in March.** Next month you can sow additional quantities so that you can stagger your winter harvest.

**Harvest herbs for drying.** Harvest herbs to use for winter and hang them in a cool, dry place to dry before storing in jars.

**Dead heading.** Keep dead heading summer flowers to extend their flowering period and keep colour in your garden longer.

**Make your beds.** Start preparing your winter vegetable beds as garden beds become free. Remove weeds, dig over and add compost so that the beds are ready when your winter seedlings need planting out. Plant seedlings underneath gone to seed crops to provide shelter from the hot sun.

**Going seedy.** Many flower and vegetable plants will be going to seed now that we are at the end of summer. Remove spent plants or gather seeds from the healthiest plants & store in a dry place ready to plant next year. Or allow them to set and drop seeds if you would like seedlings to just pop up next season.

**Preserving the harvest.** Home food preservation is a great way to prolong your harvest. Locally grown produce is most affordable and nutritious at the height of the growing season. So why not bottle, freeze, dry, pickle and preserve the produce that you have grown. It is so satisfying to have cupboards full of your own produce to use or give away.



## New Products

- *Harvest to Hand* locally grown hemp protein powder and hemp flour.
- *Eco Store* limited edition Dish wash 7.90 & Hand wash \$10.40 in stainless steel pump bottles.
- *Country Trading* Seed Saver envelopes \$9.90 pkt & stainless steel sprouting lids with sprouting booklet \$24.90. Also Probiotic yoghurt starter & Plant based yoghurt starter \$12.50 each.



- *Proper Crisps* Organic potato crisps with compostable packaging back in stock!

## In store Specials (while stocks last)

- *Kiwiherb* Stress Arrest, 50ml \$20.50, 100ml \$29.50
- *Weleda* White Mallow baby derma creams, nappy change & face cream, \$14.50, body lotion \$21.70
- *Raw* Protein powders, Slim and Tone, Vanilla & Chocolate, 500gms \$44.90, 1kg \$64.90
- *Go Healthy, Good Health & Harkers* nutritional supplements all on permanent special!
- **More Specials in store**



## Covid 19 Fatigue

Most of us are coping well in Aotearoa and enjoying normal life compared to other parts of the world, unless you are in Auckland! However many people probably have some degree of unsettledness, uncertainty and weariness, whether it is concern for family overseas or at home, worry over jobs as an employer or employee and other wider concerns over the pandemic. Here at Cornucopia we have noticed a growing number of people seeking support for sleep issues, and for emotional health for themselves or a family member. There are many wellness tools that can be very helpful to help maintain calm and balance such as exercise, time in nature, yoga etc, but we thought we would focus on a few that we suggest to our customers.

Herbs such as *Ashwaganda* (*Withania somnifera*) which is an Indian adaptogen herb, helps us to find balance, supports stress and increases vitality. Another herb is *Lemon balm*, which grows easily in our gardens. Both of these herbs also support and strengthen our immune systems and promote restful sleep. Kava is another herb which can decrease anxiety along with *Passionflower* and *Valerian*.

*Vitamin B*, *vitamin C* and *magnesium* also play a part in stress management as well as adrenal support, so do call in and talk to one of our Naturopaths about how we can help you stay calm and focused in these unusual times.

**StressArrest** This fast-acting liquid herbal formulation containing Withania, kava and passionflower provides immediate relief of nervous tension and worry. It is designed to combat emotional distress when feeling overwhelmed, without the drowsiness.



**Lemon balm** (*Melissa officinalis*) grows really easily in gardens and in various locations in New Zealand and other countries. It has a distinctive lemony scent when rubbed, and a plethora of medicinal uses.



Like other members of the lamiaceae (mint) family of plants such as peppermint, basil, rosemary and sage, aerial parts of lemon balm can be a valuable component to the management of nervous dyspepsia and digestive conditions such as bloating and irritable bowel syndrome. Perhaps more than anything though, its potential applications for nervous system conditions such as anxiety and mood disorders, have been increasingly supported by animal and

human clinical studies in recent years. Make a herbal tea with lemon balm and drink 2-3 times a day. It can also be combined with other stress relieving herbs in a herbal tincture.

### Did you know?

- Easter is coming up in a few weeks and we already have gluten free and regular Hot Cross buns in store. We will have a selection of Easter eggs and chocolates too for all tastes and dietary requirements. Feel free to ring and place an order.
- A naturopath and Herbalist is in store all day every day to support you and your family's health.
- The cellulose and paper bags we use for packaging are all completely home-compostable. Do bring them back if you are unable to compost them and we will compost them for you.
- 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 are proudly certified Organic as a Store with Bio Gro New Zealand.
- We have return/ recycling boxes for empty Millstream Gardens jars, empty toothpaste containers and used, clean toothbrushes.



## Harvest to Hand Hemp Pikelets

Here is a light and fluffy nutrition packed healthy breakfast alternative for those cooler Autumn mornings. It is completely delicious with coconut yoghurt and berries, high in protein, fibre and omega 3 & 6.

### Ingredients:

- 1 egg
- 1 cup of milk (dairy or non dairy)
- 1 ¾ cups of flour of your choice
- ¼ cup Hemp flour or Hemp protein powder
- 1-3 tsp sugar (we used coconut sugar)
- 1 tsp baking soda (optional)

### Toppings:

- Fresh or frozen berries and Yoghurt (dairy or non dairy)
- Lemon juice
- Sprinkling of Hemp Hearts

### Method:

Dissolve baking soda in milk

Beat egg and sugar in separate bowl and then combine the two.

Add both flours and baking soda to wet mixture and mix. You may need more milk depending on the size of your egg to make a smooth batter.

Leave to rest for 10 minutes till light and airy.

Heat frying pan on low heat and put a little butter or coconut oil in to stop the mixture from sticking.

Makes about 5-10 depending on the size of the pikelets.

With thanks to [harvesttohand.co.nz](http://harvesttohand.co.nz)



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