

Welcome to the Spring edition of our regular newsletter, although unfortunately it hasn't been so regular lately. However, we plan to ensure it is going forward as change is in the air. Our goal is to keep you up to date with what's happening, what new products and specials are available, and provide you with health and wellbeing tips for your family.

## Change is in the Air

Spring is the season of new beginnings, a reminder that change is inevitable and that nothing stays the same forever. And that's our big news. After thirty years of running Cornucopia, we are ready for a change of pace. We are excited to announce that we will be passing the reins of managing the business on to the next generation in our family. Our daughter Willow has recently returned to Hawkes Bay from Norway and will be taking over the daily management together with her husband, Vegar.

They are excited to take on a new challenge and love the idea of continuing the family legacy and supporting us in the process. Their key focus is the lasting success of the business. Continuing our mission of making organic food available to all and ensuring we offer our customers the best possible service, health advice and the most affordable organic shopping experience in Hawkes Bay.

A huge thank you to all our customers, staff and the amazing community that has supported us over the last 30 years. As a family run and community focused business, we are pleased to know that Cornucopia will be in good hands.



## Gardening Tips

Spring is also about re-birth and renewal. Nature has woken up and everything around us begins anew — and this is the perfect time to get in your garden and plant your own healthy organic food.

Growing plants from seeds is so satisfying and there is usually a much wider range of varieties available when purchasing seeds instead of seedlings. You can also save your own seeds each season if you use open pollinated seeds.



### 3 Seed Sowing Tips from Kings Seeds

The key to success when sowing seeds is to start them indoors from mid-August. When the soil and air temperatures warm up in Spring you can then plant your seedlings out into the garden.

- 1. Always use a good quality organic seed raising mix.**  
Seed raising mix helps the germination process, so it is important to use a fresh batch of a good brand.
- 2. Never sow seeds too deeply.** A general rule is to leave very fine seed uncovered, pressing firmly into the surface only. Fine seeds should be just covered, and larger seeds should be sown no deeper than twice their diameter. Always check the seed packet for individual instructions.
- 3. All seeds need warmth and water to germinate.** A lot of seeds need regular warmth and watering to help them germinate – without them they won't! Try to keep a good moisture and light balance with your seed as this will maximize the chances of successful germination and avoid disease problems.

Always store your seeds in an airtight container in a cool (not cold), dark and dry place to promote shelf life. To ensure that it will germinate, you need to make sure that you store the seed well. If done correctly some seed can last for years.



## Seasonal Allergy Tips

Spring is also allergy time, so we have some great tips to help reduce your susceptibility to seasonal allergies! These occur when your immune system overreacts to a substance that's typically not harmful — such as pollen, animal dander, or dust — and cause an allergic reaction. During this allergic reaction, your body releases histamines to fight off the allergens which causes the tissue in the affected area to become inflamed. The release of histamines causes the physical symptoms often associated with allergies, such as itchy and watery eyes, runny nose, sore throat and headaches. So if you suffer from seasonal allergies, here are our 5 top tips for keeping those allergic reactions under control.

### 5 Tips to Minimize Seasonal Allergies

1. **Nettle tea:** Drink two-plus cups daily during allergy season. Nettles contain histamine in a weak form which helps reduce the buildup of environmental histamines in the body.
2. **Raw apple cider vinegar:** Take 1 tsp in warm water before meals. This helps to block the histamine response and reduces inflammation.
3. **Raw local honey:** The bee pollen in honey can help to desensitize the body to the pollens in the air and help to build up a resistance to the environmental allergens in your environment.
4. **Vitamin C:** Research has shown that the combination of Vitamin C and bioflavonoids help reduce inflammation caused by histamines. The recommended daily dose is 2g of Vitamin C and 1500mg of bioflavonoids. For optimum effect, take half a dose morning and evening.
5. **Probiotics:** These support good gut flora and improve immune function. Eat fermented foods and add garlic, onions, sourdough breads and acidophilus yoghurts to your diet.



We sell many different natural products for allergies, from herbal tinctures to homeopathic remedies to nutritional supplements. So, pop in to chat with one of our Naturopaths to see how we can support you and your family through allergy season.

## Did you know we have everything you need to start your Spring Garden:

- We have organic seeds from Kings Seeds, Koanga Institute, Setha's Seeds and Eco seeds.
- We have organic seedlings from "We Sow you Grow" and "Kahikatea Farm."
- We have Bio-rich organic compost, potting mix and seed raising mix.
- We have Niwashi garden tools and other gardening necessities.
- Bring back your empty plant pots too as our growers will re-use them.
- The cellulose and paper bags we use for packaging are all completely home compostable.

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

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](mailto:cornucopiaorganics@gmail.com)

[www.cornucopiaorganics.co.nz](http://www.cornucopiaorganics.co.nz)

## Some of our New Products

- *Turbo Tonics*, Turmeric Ginger & Lime Concentrate, \$29.90, Spiced Turmeric Latte, \$22.90
- *Chantal Organic* Probiotic Easy Oats, \$3.90 a pot.
- *Woodland's* Certified Organic and Raw Manuka Honey, \$30.90



## Some of our Monthly Specials (while stocks last)

- *Artemis Kids* herbal elixirs, selected products
- *Weleda*, selected skincare products
- *Planet Organic*, organic herbal teas



### Spring Recipe

## Anti-Sensitivitea: Spring Allergy Tea

Start your morning with a warming spring TEA to help fight off allergy symptoms all day.

### Ingredients:

- 1 teaspoon of nettle tea or 1 tea bag
- 1 teaspoon of chamomile tea or 1 tea bag
- 1 teaspoon raw honey
- 1 slice of fresh ginger (whole or grated) .
- 1 slice of lemon
- Dash of fresh turmeric root grated (optional)

### Instructions:

Place all ingredients in a mug and pour in boiling water and cover with a lid. Let steep for 5-10 minutes, then strain or remove the tea bags. Sip and enjoy!



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