



# CORNUCOPIA

ORGANICS

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## December Newsletter 2018

Welcome to our December newsletter and the countdown to Christmas. It is very exciting to see how much we are all trying to avoid plastic and buy local and sustainable products for our families. This is reflected in the gifts that people are buying this year too, together we are all making a difference! Thank you to you all and we wish you a safe and relaxing Christmas and New Year holiday and all the best for 2019!



## Christmas and New Year Trading Hours 2018 -2019

Saturday December 22 <sup>nd</sup> ,	9am – 4pm.
Sunday December 23 <sup>rd</sup> ,	CLOSED.
Monday December 24 <sup>th</sup>	8.30am - 5.30pm.
Tuesday December 25 <sup>th</sup>	XMAS DAY CLOSED.
Wednesday December 26 <sup>th</sup>	CLOSED.
Thursday December 27 <sup>th</sup>	8.30am -5.30pm.
Friday December 28 <sup>th</sup>	8.30am - 5.30pm
Saturday December 29 <sup>th</sup>	9am –2pm.
Sunday December 30 <sup>th</sup> ,	CLOSED.
Monday December 31 <sup>st</sup>	8.30am-5.30pm.
Tuesday January 1 <sup>st</sup> ,	CLOSED
Wednesday January 2 <sup>nd</sup>	CLOSED.
Thursday January 3 <sup>rd</sup>	8.30am - 5.30pm
Friday January 4 <sup>th</sup>	8.30am – 5.30pm.
Saturday January 5 <sup>th</sup>	9am-2pm

### Cornucopia bread deliveries ( Last delivery before Christmas and over new Year holiday. )

*Breadman* , Wednesday 19<sup>th</sup> December, then Wednesday 9<sup>th</sup> January  
*Bread & Butter* , Tuesday 18<sup>th</sup> December, then Tuesday 8<sup>th</sup> January.

*Dovedale* , Thurs 20<sup>th</sup> December, Monday 31<sup>st</sup>, then Thursday 10<sup>th</sup> January.

*Flavour Breads*, Wednesday 19<sup>th</sup> December, then Wednesday 9<sup>th</sup> January.  
*Oh My Goodness Bakery*, daily till Saturday 22<sup>nd</sup> December then Monday 7<sup>th</sup> January.

*Paleo Pantry*, Tuesday 18<sup>th</sup> December then Tuesday 8<sup>th</sup> January.

*Purebread*, Friday 21<sup>st</sup> December, Friday 28<sup>th</sup>, Friday 4<sup>th</sup> and then Tuesday 8<sup>th</sup> January.

*ThoroughBread*, Tues 19<sup>th</sup> Dec, then Tues 9<sup>th</sup> January.

*Venerdi* , Thursday 20<sup>th</sup> December & Thurs 27<sup>th</sup>, Thurs 3<sup>rd</sup> January and 7<sup>th</sup> January

*Wholegrain Organics*, Tuesday 18<sup>th</sup> December, then Tuesday 8<sup>th</sup> January.

*Ya' Bon Bakery*, daily till Friday 21<sup>st</sup> December, then 24<sup>th</sup>, 27<sup>th</sup> & 28<sup>th</sup> & 31<sup>st</sup> Dec 3<sup>rd</sup> & 4<sup>th</sup>, Jan.

We are happy to take orders for breads so please ring us and we can put aside what you would like. If you are going away & have a regular order please let us know, so we can cancel it for that time. All our bread deliveries are back to normal from Monday 7<sup>th</sup> January.



Lindsay Farm will be delivering their raw milk to Cornucopia on their usual days (Mondays and Thursdays ) during the Christmas and New Year period. If you have any queries please contact Paul and Christine Ashton at [rawmilk@clear.net.net](mailto:rawmilk@clear.net.net).

From Monday January 7<sup>th</sup> 2019, we are back to normal trading hours.



Ideas for last minute Christmas gifts to help save the planet!

- Glass Keep Cups in small medium and large sizes
- Stainless steel drinking straws
- Stainless steel and glass drinking bottles
- Organic seeds from Koanga Gardens.
- Organic cotton produce bags, bread bags, bulk bin bags and more!
- Nut milk bags and muslin straining bags.
- Beeswax food wraps and DIY kits.
- Bamboo and stainless steel clothes pegs.
- Trade Aid hemp, jute and organic cotton shopping bags
- Bar soaps, shampoos, conditioners, deodorants, laundry bars.



## Christmas Vegetable Platter



- 8 cups broccoli florets
- 3 cups Brussels sprouts, (optional)
- 2 cups green beans, trimmed
- 1 cup sugar snap peas, strings removed
- ½ bunch curly kale, washed
- 2 cups cauliflower florets
- 9 cherry tomatoes
- Red capsicums and any other red or green veggies of your choice.

Put a large pot of water on to boil. Set a large bowl of ice water by the stove. Blanch broccoli for 1 to 2 minutes in the boiling water. Transfer the broccoli to the ice bath to chill. Drain well. Blanch Brussels sprouts, green beans and snap peas in the same way. Arrange kale around the bowl, with the frilly edges on the outside. Top with the broccoli, brussels sprouts, green beans, snap peas and cauliflower. Garnish with cherry tomatoes and red capsicums.

To make ahead: Refrigerate for up to 1 day.

Serve with a creamy or herby dip of your choice.

**What about wrapping?** There is such a lot of paper waste this time of year that can so easily be avoided. tea towels, scarves, children's art, plain old brown paper and old magazines will all do the job!

## Snippets and Info

- Check out our ongoing specials in store. Millstream Gardens will have their sunscreen on special through December and January too!
- We are always happy to help and have qualified Naturopaths and Herbalists in store



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