



CORNUCOPIA ORGANICS

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Welcome to our May Newsletter, we had a great week at the beginning of this month celebrating National Organic Week www.organicweek.co.nz and profiling all the fabulous local organic businesses. with in-store tastings and specials. Thank you to you all for supporting them and supporting us too.

The plastic problem and solution!

Now that the local council will no longer take soft plastic for recycling and are limiting recycling of plastics to plastic bottles numbers 1 and 2, we are all becoming acutely aware of what we are buying and disposing of and looking for solutions and alternatives.

Here at Cornucopia, we have been aware for a long time of the impact of packaging on our environment and have tried as much as possible to minimize packaging and be sustainable in our practices. We are now looking even more carefully at each company that we stock and make our choices to stock a product based on its carbon footprint, not just its organic status. It is a challenge for us all and we are working with our suppliers too to find the best solutions.

All our fresh produce that we receive unpackaged is displayed loose or wrapped in brown paper. We have in the past been using GE free corn starch bags for produce but have stopped doing that now as although they are fully compostable, most people do not compost them and we do not want to be contributing to the landfill. So please use our paper bags and compost or recycle them if they are clean or bring your own bags and containers for your produce. We will weigh the container at the counter before you fill it with your choice of goods.

Our dry goods are packed in cellulose bags made from wood pulp which are fully home compostable and biodegradable, as are the bags for herbal teas and dried herbs. Preferably bring your own bags or containers for these and you can also fill from the bulk bins and from our refill area with your own containers or bags.

If you are unable to compost any compostable bags, we will compost them for you. Please don't put them in your rubbish. Bring them back and give them to our staff and we will put them in our composting bin. We want to help you to be part of the solution.



Special Offers (while stocks last)

- *Artemis, Harkers, Weleda, Oku, Kiwiherb, Comvita* childrens cough and cold syrups all on special till the end of May.
- *Artemis* Herbal teas at \$19.90 each.
- *Good Health* supplements all on permanent Special.
- Plus other specials in store too!



New Products

- *Essene Bread* back at last under new ownership \$8.90 each and arriving Wednesdays.
- *Wholegrain Organics* NEW gluten Free breads, (Rice & Almond and Rosemary & Olive, \$10.90 each arriving on Tuesdays along with their other delicious breads.
- *Bakeworks* Keto bread \$10.20 each.
- *Clearwaters* Organic Yoghurts NEW packaging and flavours and new Lactose free yoghurts too.
- *Everkind* Organic deodorants in cardboard and glass packaging.

Immunity in Children through the Winter

Children's immune systems are constantly developing and maturing and they build up their adaptive immune system all the time as they encounter new bugs. It is always on high alert, so it is especially important to your child at the change of season. They can take a turn very quickly, one minute they're fine, the next they're suddenly very lethargic and running a fever. And they may recover just as quickly. That is a developing immune system at its finest! Being able to successfully fight infections in childhood is essential for a healthy immune system later in life and children need these respiratory viruses for their immune systems to strengthen. In 2012 the NZ medicines agency Medsafe recommended that pharmaceutical cough and cold medications were not safe in children under the age of 6 years.

So Plant Medicines are therefore the only option! But children need a different dosage than adults, it is better to give them smaller doses more frequently (rather than large doses once or twice a day) and as a preventative too during the winter months and at school and day care.

Some of our favourite immune system herbs to use with children are :

Echinacea root (*Echinacea purpurea*), for preventing and treating infections and reducing severity and duration of colds and flus, it helps to increase the number and activity of immune system cells.

Elderflower & Elderberry (*Sambucus nigra*) traditional antiviral, immunity herb, the flowers support sniffles and fevers and relaxation too and the berries are high in Vitamin C and antioxidants.

Pelargonium (*pelargonium sidoides*) anti bacterial and antiviral herb for all respiratory and immunity conditions, sore throats, colds, coughs, sinus, tonsillitis, ear ache, bronchial asthma.

Thyme (*Thymus vulgaris*): A powerful natural infection-fighter! the essential oils fight bacterial, viral and fungal infections. It is great for coughs and helps to bring up sticky phlegm

Licorice (*Glycyrrhiza glabra*): a soothing, sweet taste for a sore throat and cough. an effective antiviral medicine and helps the body adapt better to stress.

Marshmallow root (*Althaea officinalis*): to relieve dry, unproductive coughs and bronchitis and is soothing for a sore throat.

Californian Poppy (*Eschscholzia californica*): to help relax children. It enhances sleep by reducing pain and restlessness. This is especially helpful when little ones are feeling unwell.

Herbal teas for a fever



Having a fever is a good indication that the body's immune system is taking action. Reducing a normal fever with medications can actually be counterproductive and may increase a cold or virus's duration. Herbal teas are a wonderful way to support and reduce a fever naturally.

To decrease chills and increase perspiration (which will shorten the duration and intensity of the fever) try a tea with any of the following ingredients (in equal parts):

Elderflower, Yarrow, and Catnip to open the pores and increase sweating, lemon balm and chamomile calm the child and promote sleep, and peppermint or spearmint for their digestive properties and pleasant tastes. Or try our Organic Cornucopia herbal tea blend for fever support.

For a child over 2 years of age ½ cup of tea can be given at least four times daily. Serve warm or hot with a bit of honey if needed and sip regularly to keep your child well hydrated.

Snippets and Info

- Our shop is certified organic with Biogro
- We have a customer car park at the rear of our shop in case you didn't know!
- Check out our ever expanding Bulk Refill Area.
- We have qualified & experienced Naturopaths & Herbalists in store every day to offer advice & support
 - Check out our Book Exchange & do drop any unwanted books in for others to enjoy!
 - We have a customer feedback box at the counter. Your feedback is important to us.
- Bring your empty containers for refilling & leave them with us to refill & pick up later if you are short of time



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