

APRIL 2012



HAPPY EASTER



Does it ever feel strange to you, celebrating a festival of new life in autumn, the season of harvest? The holiday, as well as celebrating the resurrection of Christ, is also a celebration of the spring equinox in the Northern hemisphere. This is where the concepts of rabbits and eggs come in! Whatever way you choose to celebrate the Easter break, there are certain traditions

we all have come to hold dear, such as time with family and friends, a well-earned break, and chocolate. And there is no reason we cannot make it an autumnal festival too, as it is a great time for celebrating the harvest as we start preparing for the cooler months ahead. Think preserves, getting the body healthy for winter colds and chills, and of course lashings of pumpkin soup.

If you are looking for healthier treats to share this Easter, come in store for organic and gluten free hot cross buns and a great selection of organic, gluten and dairy free chocolate including beautiful raw chocolate. We also have lovely autumn produce to keep everyone well fed over the break.

And don't forget the current Terrace End promotion—every time you spend \$25 or more in store you can go in for the chance to win one of 2 prizes of \$1,000!

New Products



Fish4Ever is a new range of sustainably fished skipjack tuna chunks in brine. Caught in the waters of the Azores, the tuna is also processed in the surrounding islands providing income for local inhabitants. \$6.80 for a 200g tin.

Freedom Foods introduce **Wild Bears**. Delicious chocolate coated biscuits with real honey, but no gluten, nuts eggs, artificial colours, flavours and preservatives, and low lactose. Makes a great Easter treat! Only \$6.95 for 120g.



News news news news

- ◆ Seeking a couple passionate about organics to begin taking over the bulk of a successful organic vegetable farm in Amberley in spring 2012. No initial financial outlay required. Enquiries can be made through www.stonecircleorganic.co.nz.

HERB OF THE MONTH: LAVENDER

Lavender is from the mint family. English lavender (*Lavendula Angustifolia*) is most commonly used for cosmetic and medicinal use due to the potency of its oil. Lavender is well known for treatment of anxiety and insomnia, but is also antifungal and healing for skin conditions such as acne, eczema, burns and athlete's foot. It can also be used for circulatory disorders. The oil can be used in a burner, in the bath or in creams and oils, or the dried herb can be steeped or made into a relaxing tea, or even used in baking! For more info see <http://www.lavendercentral.com/uses.htm> or wikipedia

APRIL SPECIALS

- ◆ Magic Monday is happening again. On 23rd April everything in store is GST free!
- ◆ For your Easter celebrations we have Mike's organic Lager and Ale now only \$4 a bottle (was \$4.95), and Celtic Winery organic Plum Port 10% off now \$31.50

GARDENING?

Your soil, like your own body, needs to be well nourished. It can then feed your vegetable plants so they are strong, pest resistant and nutrient dense. We now have organic chicken manure in store now, a super-rich fertiliser. Only a small amount is needed, and its only \$6 for 3kg.

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Feature product - Maca powder



Maca (*Lepidium meyenii*,) also known as Peruvian Ginseng', is a root vegetable originally from Peru and Bolivia. Similar to a turnip, it is grown at great altitude, and has been eaten for generations as a root vegetable in certain parts of the Andes where it has been reputed to give great energy and virility to those who consume it.

The powder made from the dried root has in recent times become a popular new 'superfood', due to the its favourable impact on mood, energy, and sexual function. Maca seems to be a great balancer of the entire endocrine system, making it useful in the treatment of menopause and PMT, low testosterone levels and libido, fertility, and tiredness or anxiety due to adrenal fatigue. It also great for those needing extra stamina for sports.

It appears to work by providing optimal levels of nutrients to the endocrine system. It is also high in amino acids, essential fatty acids and a number of vitamins and minerals. It is very easy to use, simply put a tablespoon in a smoothie, or sprinkle it on your cereal (great using the below muesli recipe!). It has a mild nutty, almost vanilla flavour making it palatable for the whole family.

We now have Matakana Superfood's organic Maca powder in store, at a great price of only \$24.90 for 300g (one month's supply).

For further information see:

<http://www.matakanasuperfoods.com/ms/products/maca-root.html>

<http://content.karger.com/ProdukteDB/produkte.asp?doi=10.1159/000264618>

<http://joe.endocrinology-journals.org/content/176/1/163.long>

Recipe - Muesli

2 T organic oil
2T organic honey
2 cups of organic oats or organic gluten free flakes (eg amaranth, buckwheat, quinoa) or puffed grains (eg puffed rice)
1/2 cup organic nuts and/or seeds
1/2 cup organic dried fruit
1t cinnamon
1/2 t salt

Heat the oven to 180. Put the honey and oil in a roasting dish in the warming oven to soften. Add the oats, nuts/ seeds and spices, mixing well with the oil and honey. Toast till brown (about 20 minutes), stirring occasionally. Leave to cool before adding the fruit and storing in an airtight container. Serve with fresh fruit and milk or yoghurt.

This also makes a beautiful porridge, simply simmer for 5-10 minutes in milk or water until the oats or flakes have softened.