

APRIL 2014



Hemp milk helps you climb mountains

Have you noticed your favourite hemp milk missing from our shelves? Hemp milk is made by pureeing seeds with water and extracting the resulting liquid from the pulp. Hemp food products are very popular in many European countries, the USA and Canada, due to hemp's high source of nutrients, particularly omega 3s, fibre and protein. Hemp is a type of *Cannabis Sativa*, but contains negligible levels of THC, the active ingredient of Cannabis, when compared to its' cousins used recreationally.

Due to [this article](#) that appeared in the Sunday Star Times in January, stores have removed hemp milk from their shelves. Although Customs have been allowing it to be imported for many years, it turns out it had not been approved by the [Food Standards Authority Australia New Zealand](#). Although FSANZ did approve an application to permit the sale of hemp products in December 2012, ministers responsible for food regulation have yet to review this advice. In the interim businesses selling hemp products for human consumption could be fined up to \$20,000.

It has been common knowledge that hemp seed cannot be sold for human consumption in New Zealand, however it appears stores and importers were confident milk could be sold, as it is legal to sell hemp oil. But it seems that, despite the milk being very similar (ie liquid extracted from the seed), only the oil is approved. Confusing! So it looks like we shall have to keep being patient until we are allowed to add this superfood to our diet. In the interim check out Pure Wellbeing hemp oil (\$16.50 for 250ml) for both internal and external use, or their hemp protein powder for animal feed only (\$15.70 for 250g).

New Products!



Redding gluten-free puffed cereals are organic and made right here in New Zealand! A healthy alternative to more commercial puffed cereals, they contain the whole grain only with absolutely no other ingredients. Great with milk and fruit for

breakfast, or try them as the perfect base for gluten-free muesli. From only \$7.50.

Kiwi Wakame Mekabu is sourced from the base of the Wakame seaweed plant, making it higher in nutrients than Wakame. It is a great source of fibre, iodine and vitamins including Bs, D E and K. It also contains alginate which can help absorb heavy metals, and fucoiden which may be useful in treatment of certain types of cancer. \$9.90.



NEWS NEWS NEWS NEWS

- ◆ Happy Easter everyone! We are taking orders for Thoroughbread's beautiful gluten-free hot cross buns, \$11 for half a dozen. Delivery day is Tuesday, so the last day for ordering before Easter is Thursday 10 April for arrival in store Tuesday 15 April.

MINERAL OF THE MONTH: MAGNESIUM

Magnesium occurs naturally in many whole foods and has a myriad of health benefits. It is a nerve tonic, helping relax muscles (eg in restless leg syndrome) and helps with anxiety and sleep as it is a precursor to melatonin and serotonin. It also helps in the absorption of calcium, and helps us utilise oxygen, giving us more energy. A diet with large amounts of whole grains, fruit and vegetables should provide your daily amount of magnesium. However, mineral deficient soil and factors such as poor digestion or diet may require supplementation with tablets, powder or liquid.

APRIL SPECIALS

- ◆ We now take orders for the powerful VitaEasy Blender and Vita Juicer, only \$595 each with layby available!

GARDENING?

You may have been finding out the many ways Diatomaceous Earth can benefit your health and the health of your pets, but don't forget its use in the garden. Its razor sharp granules can cut through the exoskeleton of insects then cause them to dehydrate, making it great for non-chemical pest control around your vegetables as it is not just non-toxic for humans but in fact beneficial!

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Super Green Powders



There seems to be more and more consensus about the benefits of eating leafy green vegetables as the main ingredient of a healthy diet. The chlorophyll in greens is nature's detoxifier and deodoriser, and helps oxygenate our blood. Greens are also the most powerful foods for alkalising the body—keeping it at a healthy pH level if we are eating too many acid-forming foods such as sugar, refined carbohydrates and meat. And of course, they are an amazing source of vitamins, minerals, antioxidants and fibre, especially when eaten raw.

We all try to get our 5+ fruit and veg a day, but our hectic lifestyles don't always make this possible. There are a number of green powders that can help fill those gaps. Whether you need something you can have on the go, or if you are needing to take large quantities of greens to help recover from an illness, there's bound to be a green powder out there for you. All powders have whole dehydrated greens of some description as a base, some with other ingredients added to meet specific needs. For example, Matakana Supergreens (\$39.95 for 200g) contains organic chlorella, spirulina, kale, broccoli and spinach, perfect if you need extra greens in your daily diet. Lifestream provides Ultimate Greens (43.90 for 100g), a mix of organic spirulina, chlorella and barley grass, and Ultimate Veges (45.50 for 120g), a pure organic vegetable mix of broccoli, carrots, parsley, beetroot, spinach and cabbage.

We also have blends that can be taken more as a multi vitamin and mineral product. Lifestream Essential Green Plus (\$39.90 for 150g) contains a mix of over 40 vegetables and herbs with no synthetic ingredients, not only to improve overall daily nutrition, but also targeted for detoxing, immune health, digestive health and support during times of stress. NuZest's Good Green Stuff (from \$3.75 for 1 serve) contains fruits, vegetables, herbs, prebiotics, probiotics, protein, antioxidants and digestive enzymes, as well as added vitamins and minerals, making it a complete multi everything!

There are other green powders too, such as Absolute Green Tea Powder (\$27.60 for \$150g). Green tea is one of the super-ist of the super greens, being extremely high in antioxidants and a number of vitamins, as well as minerals and fibre. Other super greens such as spirulina, wheatgrass, barley grass and chlorella can be bought as individual powders and made into your own super smoothie mix. So if you find you're lacking a little energy and feel the need for a convenient wholefood to add to your diet, come and check out our range of green powders and find the best one for you.

Recipe - BioFarm's Orange Butter Biscuits

175g Organic Times unsalted butter, softened but not melted	200g plain flour
85g caster sugar	50g cornflour
Fine zest of one orange	1/4 t salt
	Caster sugar for sprinkling

Preheat the oven to 150°. Line one large or two small baking trays with baking paper. Beat butter and sugar together until smooth and creamy. Beat in orange zest. Sift together plain flour, cornflour and salt. Add to butter mixture and combine gently using hands. Form into a disc shape and roll out to 1cm thickness. Use a cookie cutter to cut out circles or other shapes. Place on baking sheet, prick with a fork and chill in the refrigerator 15-20 minutes before baking (this helps them keep their shape). Bake in a preheated oven for 25-30 minutes until lightly coloured. Remove from oven and allow to cool a few minutes before sprinkling with caster sugar.